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HOME HELPS

A Guide to the
New Housewife

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PREFACE

To the Bride:—In handing you this little book we are making you a wedding present of countless value. A perusal of its pages will demonstrate its immediate value as a helper in establishing your new home. The more you study and use its contents the greater will be your appreciation of its value. Everything is practical and theories are only used to form a foundation for the practical facts given.

Every word of the text is reliable and will work out to good advantage if carefully followed. The advertisements are those of only reliable firms with whom you may trust yourself in making your purchases, because they have been and are firmly established and therefore have the best of reputations to live up to. Kindly show your appreciation of the value here given by mentioning "Home Helps" when you are making your purchases.

General Helps for Furnishing the Home

The furnishing of the new home presents many very difficult problems to the new life. A large amount of money may be vainly squandered in trying to get something that looks homelike, and on the other hand very delightful and cozy effects may be obtained from a very small expenditure. The reason for the difference is that in the first case the person went at the task without knowing what she really wanted, while in the latter the person had worked out a definite scheme of color and decoration and bought everything to that end. We have not space enough to give any rules for decorating, nor could any be given except in the most general way, because of the vast differences in people's tastes. It is the object to here give some ideas as to the general effects certain color schemes and arrangements may give, and we hope that these may be of use to you when you decorate the new home for the first time or when the old one is redecorated. The subject is treated broadly but practically.

First, a few "don'ts" will help. Don't, if you have two rooms that cannot be shut off from each other, decorate one of them in blue and the other in red, but rather use the same color in both. Never use a red paper although you like the color and although your husband may also like it. The color fades easily, it becomes very tiresome, it cannot be made to harmonize with anything and it absorbs so much light that on a dark day it casts a gloomy aspect upon everything. If you like yellow as a paper because of its sunshiny effect do not put it in a room that has plenty of sunshine but rather put it in a room that is without this good cheer. Put the light yellows and creams in north and court rooms and decorate the sunlight rooms in browns, tans or dark yellows. Another thing that should be avoided is the using of heavily and prominently decorated papers. With paper that has figures on it that you can hang your hat on, you cannot reach cozy or homelike effect. Always remember that soft, subdued tones and effects will wear the longest and be the most restful and satisfactory.



Color Schemes

The following are some color schemes that have been tried and which will work out very satisfactorily if they are studied a little:

A yellow scheme:

- Yellow and an odd blue.
- Yellow and green.
- Yellow and brown.
- Yellow and a dark grey.

A brown scheme:

- Brown and apricot.
- Brown and old rose.
- Brown, green and black.
- Brown, black and old gold.
- Brown and burnt orange.
- Brown and a light odd shade of blue.

An old gold scheme:

- Old gold and rose.
- Old gold, cream and maroon.
- Old gold and olive green.
- Old gold, rose and black.
- Old gold and odd shade of dark blue green.

A Blue Scheme:

- Dark blue and cream.
- Dark blue and a blue grey.
- Blue and green.
- Blue and violet, lavender, burnt orange used sparingly.

A Grey Scheme:

- Grey and burnt orange.
- Grey and old rose.
- Grey and old gold.
- Grey and a yellow ochre.
- Grey and coral red.
- Grey and lavender.

A Green Scheme:

- Green and peach.
- Green and white.
- Green, olive and yellow ochre.

(There is so much green out of doors, therefore why not use something else within. It will be more satisfactory.)

A White Scheme:

- White and green.
- White and a steel blue.
- White and lavender, violet or amethyst.
- White and tan or dark yellow.

All of the above schemes offer many varied possibilities and if worked out with the first named color predominating they will give very satisfactory effects. None of the above schemes will cost more to work out in dollars and cents than the usual method of throwing together a heterogeneous mass of furniture, rugs, pictures, etc., with an impossible wall covering, in a vain effort to get something attractive and homelike. A good plan is to choose the scheme and then give the ideas to some furnishing house to work out for you.

To better illustrate the workings of the schemes and to give an idea as to what to use and what to discard in the furnishing of the home, the following examples will be used:

For a living room, let's use a grey scheme. The walls, then, must be done in a dark grey. The floor covering should be grey also, and a seamless Wilton rug without a border would be the most satisfactory; if oriental rugs should be used their colors should be very subdued. The furniture should also be grey, wicker work would be the best with this scheme. So far the room is all grey, with the possible exception of the oriental rugs. Now, to give life to the decorations some color must be added. If there is a fireplace use brass or copper andirons, over the fireplace have two copper or brass candlesticks with old rose shades. On the table use a copper lamp, also with an old rose shade,—apricot or a burnt orange may be used in place of the old rose. The curtains must not be lace. They should be a plain net with over curtains of white, heavily figured chintz or muslin. The figuring of the curtains must not be of a conspicuous type. At night, when the lamp is lighted, always avoid a high overhead light if you wish to have the room look cozy, and there is a fire in the fireplace, the effect of the room will be very pleasing.

A living room furnished in mission necessitates an entirely different treatment than the above room. If mission is used you must not have anything in the room that is at all dainty and frilly, everything must be simple and rather quiet, and substantial; by that, it is not meant that the room must look ugly or cumbersome. The schemes that lend themselves most readily are grey, tan, blue, green or old gold and olive green. This last is especially desirable if there is a high wainscoting to the room. For example, take the old gold, olive green color scheme with mission furniture, and a wainscoting.

The wainscoting panels should be olive green, and of course the woodwork of the room must be mission finished, above the high wainscoting the wall should be tinted old gold. The floor should be covered with a perfectly plain borderless rug, olive green in color, to match the color in the panels; a velvet rug is preferable to any other. In front of the davenport or fireplace there may be a small soft toned oriental rug. The fireplace, to get the correct and best results from the scheme, should be a dark red brick, nearly brown. The furniture should consist of low bookcases, large library table, a davenport, four or five chairs; these should be straight, true mission styles do not recognize the rocker. The decorations should be simple, copper andirons in the fireplace, a copper vase or two on the bookcases, three or four copper candlesticks with old rose shades, a copper library lamp on the table also, with an old rose shade. A couple of copper jardinières,

with autumn leaves, set on the bookcases or in the chimney corner add greatly to the homelike effect. The curtain must be simple net with over curtains of stenciled burlap or figured muslin. The drapes should hang straight to the floor and should be of stenciled burlap or muslin to match the over curtains. A crash may be used to good advantage in place of the muslin or burlap. At night in the fire and lamp light this room would please the most critical person because it is simple and cozy.

Dining Room Examples. This is perhaps the hardest room to decorate well and properly that there is, because there are only certain things that are permissible in the well decorated room of this type.

Mahogany and oak are the best woods to furnish with. First use the mahogany furniture and build up a color scheme with that as a basis. A white and blue scheme will be the best to use with mahogany. The woodwork should be white, the walls should be papered with a blue, French striped paper, and the floor must be covered with a plain blue rug with a darker border. The furniture is of mahogany and consists of a round mahogany table, chairs, a buffet and a serving table. The decorations are simple. There should not be any pictures or plates on the wall. On the buffet there may be two or three plates, a vase, and perhaps a covered dish; these should all be of the same pattern and should be blue and white in color. The table may have a vase upon it and this should match in every way the other ornaments on the buffet. The curtains should be a pretty figured muslin.

An Oak Dining Room. Golden oak should not be used if it is at all possible to get anything else. Use a dull oiled or an Old English oak for the furniture. With that then as a basis use a brown and old gold or burnt orange color scheme. The woodwork must be very dark if the Old English oak is used and an oiled oak if the oiled furniture is to be the keynote. The walls should be papered in brown. The floor ought to be covered with a rug that is brown and that will harmonize with the walls; the border should be darker than the center of the rug. If a figured rug is preferred be sure that it has a brown base and that the figures are not conspicuous. The furniture should consist of a round table, chairs, plain with cane seats, a buffet and a serving table. Two or three copper candlesticks with old gold or burnt orange shades may be set on the buffet with a copper nut bowl. A low copper fern pot will add to the beauty of the table. The hangings should be a plain, tea colored net with over curtains of a figured muslin or chintz. There should not be any wall adornment.

Bed rooms should be treated in a dainty manner. For example, suppose the furniture to be used for the room was mahogany, then, with that as a key the following color scheme would be best to follow is white

and Alice blue. The woodwork should be white and the wall paper ought not to be heavily figured; everything should look as dainty as possible; a striped design is the best suited for this type of a room. The paper should extend to the ceiling. The floor covering must be a plain blue rug, similar in color to the wall covering, and with a darker, plain border than the center. The furniture should be mahogany or stained a mahogany color. There should be a dressing table, a chair or two, a bureau and a bed; the bed may be white enamel iron, although a large four-post mahogany bed would be more preferable. The curtain may be of lace, although if net is desired use a figured over curtain. The draperies used should also be of the same figure as the over curtain. A room decorated as the above will be very satisfactory.

Another example would be a white-green color scheme. The woodwork must be white, the walls with either a plain green or a daintily striped green and white paper. The latter is preferable because it prevents the least semblance of solidness. The floor should be covered with a pretty green rug, a plain velvet without border would be well. The chairs should be wicker, the dressing table, chiffonier, bureau and bed should be white, the bedsteads may be wood and should be of a corresponding green to the chairs and wall. The curtains should be a tea colored net, the over curtains must be unfigured and tan. Other draperies should also be of the same material as the over curtains.

Tables.

Table of Proportions.

One quart of flour requires one pint of butter, or butter and lard mixed, for pastry.

One quart of flour requires one heaping teaspoonful of butter for biscuit.

One quart of flour requires two tablespoonfuls of butter for shortcake.

One quart of flour requires one cup of butter for cup cakes.

One quart of flour requires one-half teaspoonful salt.

One quart of flour requires four teaspoons of baking powder.

One quart requires one pint of milk for muffins, gems, etc.

One quart of flour requires one scant quart of milk for batters of all kinds.

One measure of liquid to three measures of flour for bread.

One teaspoon of soda to one pint of sour milk.

One teaspoon of soda to one cup of molasses.

One teaspoon of salt to one pound of meat.

A spoon means that the material should rise above the edge of the spoon as much as the bowl sits below it. A heaping teaspoon means that the material should be twice as high above the edge of the spoon as the bowl

sinks below it. A level teaspoon should hold sixty drops of water. All dry materials are measured after sifting.

A spoon of salt, pepper, soda, spice is a level spoon.

One-half of a spoon is measured by dividing through the middle lengthwise.

A speck or a pinch is what can be placed within a quarter-inch square surface.

Table of Measure.

A speck equals one-quarter spoonful.

Four saltspoons equal one teaspoon.

Three teaspoons equal one tablespoon.

Eight tablespoons of dry and solid material equal one cup.

Sixteen tablespoons of liquid material equal one cup.

Two gills equal one cup.

One wine glass equals one-half gill.

One cup equals eight ounces of liquid.

Ten eggs, average size, equal one pound.

One-half ounce bottle extract equals twelve tea spoons.

One tablespoon butter equals one ounce.

One tablespoon granulated sugar equals one ounce.

One tablespoon powder sugar equals one ounce.

One tablespoon flour equals one-half ounce.

Two tablespoons ground spice equal one ounce.

Five nutmegs equal one ounce.

One quart sifted pastry flour equals one pound.

One quart less one gill sifted patent flour equals one pound.

One scant pint granulated sugar equals one pound.

One pint butter equals one pound.

One pint chopped meat, packed, equals one pound.

One cup rice equals one-half pound.

One cup cornmeal equals six ounces.

One cup stemmed raisins equals six ounces.

One cup cleaned currants equals six ounces.

One cup stale bread crumbs equals two ounces.

Time for Baking.

Loaf bread40 to 60 minutes

Rolls and biscuit.....10 to 20 minutes

Graham gems30 minutes

Gingerbread20 to 30 minutes

Sponge cake45 to 60 minutes

Plain cake30 to 40 minutes

Fruit cake 2 to 3 hours

Cookies10 to 15 minutes

Bread pudding 1 hour

Rice and tapioca..... 1 hour

Indian pudding 2 to 3 hours

Steamed pudding 1 to 3 hours

Steamed brown bread..... 3 hours

Custards15 to 20 minutes

Pie crust, about.....30 minutes

Plum pudding 2 to 3 hours

Vegetables.

Greens—

Dandelions	1½ hours
Spinach	1 hour
String beans	2 hours
Green peas	20 minutes
Beets	1 hour
Turnips	1 hour
Squash	¾ hour
Potatoes	30 minutes
Corn	20 minutes
Asparagus	30 minutes
Baked potatoes	¾ hour
Sweet potatoes	¾ hour
Parsnips	1 hour
Carrots	1¼ hour
Cabbage	2 hours

Broiling.

Steak, one inch thick.....	4 to 6 minutes
Steak, two inches thick.....	8 to 15 minutes
Fish, small and thin.....	5 to 8 minutes
Fish, thick	15 to 25 minutes
Chickens	20 to 30 minutes

Meats.

Beef, under-done, per pound.....	9 to 10 minutes
Beef, fillet of.....	20 to 40 minutes
Mutton, leg, per pound.....	10 to 12 minutes
Mutton, stuffed shoulder, per pound...	18 minutes
Veal, loin, plain, per pound.....	15 to 18 minutes
Veal, stuffed	20 minutes
Pork, loin, per pound.....	20 to 30 minutes
Liver	1 to 1½ hours
Corned beef, per pound.....	25 to 30 minutes
Beef, boiled, per pound.....	20 to 30 minutes
Ham	15 to 20 minutes
Bacon	15 minutes
Chicken, baked, three to four pounds.	1½ hours
Turkey, ten pounds.....	3 hours
Goose, eight pounds.....	3 hours
Duck	40 to 60 minutes
Grouse, pigeons, etc.....	30 minutes
Fish, six to eight pounds.....	1 hour
Fish, small	25 to 30 minutes

Cooking Conditions

“The principle ways of cooking are boiling, broiling, stewing, baking, frying, sauteing, braising, and fricaseeing.”

“Boiling is cooking in boiling water. Baking is cooking in an oven. Frying is cooking by means of immersion in deep fat heated to a temperature of 350 to 400 F. Sauteing is frying in a small quantity of fat. A frying pan or a griddle is used; the food is cooked on one side and then turned upon the other. Broiling may be done in well greased iron broilers over coals, or under the flame of a gas range on a greased

wire rack; or pan broiling may be done with a greased and hissing-hot frying pan on top of the range. Roasting is really a broiling process of the larger cuts of meat when done in the lower or broiling oven of the range. Meats cooked in the oven properly basted with fat from suet or bacon, although said to be roasted, are practically baked."

"Stewing is cooking in a small amount of hot water for a long time at a low temperature; it is the most economical way of cooking meats, as all nutriment is retained, and the ordinary way of cooking the cheaper cuts. The fibre and the connective tissue are softened and the whole is made tender and palatable."

"Braising is a combination of stewing and baking. Frequently, to give an additional flavor from the browning as well as to retain the juices, meat to be braised is first sauted in butter or bacon fat and vegetables, with water or stock, are added to the vessel in which the meat is to be cooked. It is then closely covered and put in the oven to cook at a low temperature for a long time."

"Fricaseeing is a process closely akin to braising and another form of stewing. It is served with a sauce and, depending upon the nature of the meats that are used, there may or may not be the preliminary sauteing and long continued cooking in the sauce at low temperature."

Soups.

Stock.

Stock is the basis of all soups or sauces. It is really the juice of meats extracted by long and gentle simmering. A shank, or other meat bones, the trimmings from a dinner roast, or the carcass of a turkey or chicken will do to prepare a stock. Put cold water in your pot enough to cover the bones, add a sliced onion, carrot, a celery stalk, salt and a few whole peppers, or if you intend to keep the stocks for several days omit all vegetables and spices. Let it come to a boil, skimming off any substance which may arise to the surface, let it boil gently for several hours. A little hot water may be added from time to time to keep the necessary amount. It should then be strained and kept in an earthen vessel, never in a metal one, unless well tinned. This stock is then ready to be used for any soup or sauce.

Consomme Soup.

Chop 1 pound of lean beef, mix with it a sliced onion and carrot, 6 eggs (shells and all), and a little salt and pepper, mix thoroughly with 3 quarts cold stock, and put in a sauce pan on the range to let it come to a boil, skimming from time to time so that it may not burn. After boiling very slowly for 15 minutes strain through a napkin, and your consomme will be ready to serve. If attention is paid, this soup should be as clear as champagne. From this consomme a variety of soups can be made.

Amber Soup or Bouillon.

A large soup bone, 1 chicken, a small slice of ham, a soup bunch or an onion, 2 sprigs of parsley, half a small carrot, half a small parsnip, half a stick of celery, 3 cloves, pepper, salt, a gallon of cold water, whites and shells of 2 eggs, and caramel for coloring.

Let the beef, chicken and ham boil slowly for 5 hours; add the vegetables and cloves to cook the last hour, having just fried the onion in a little hot fat, and then in it stick the cloves. Strain the soup into an earthen bowl, and let it remain over night. Next day remove the fat, take out the jelly, avoiding the settlings, and mix into it the beaten whites of the eggs, with the shells. Boil quickly for half a minute, then placing the kettle on the hearth; skim off carefully all the scum and whites of eggs, not stirring the soup itself. The soup may then be put away, and reheated just before serving. Add then a large tablespoonful of caramel, as it gives it a richer color and also a slight flavor. This soup may be made in a day. After it is strained add the eggs, and proceed as in recipe. However, if it is to be served at a company dinner it is more convenient to make it the day before.

Asparagus Soup.

Two bunches asparagus, boiled in two quarts of water; strain it. To one pint of liquor add one pint of cream, one ounce of butter, a pinch of red pepper, salt. Thicken with corn starch a little; just before serving add a glass of sherry.

Cream of Celery Soup.

Boil two stalks of celery, cut in small pieces; boil in 3 pints of water half an hour. Add half an onion, a little mace, and strain. Thicken with one tablespoon of flour. Add a heaped tablespoon of butter, a pint of milk, salt and pepper. One cup of cream added before serving improves it.

Cream of Celery Soup.

One and a half pounds of lean veal, chopped; 1 moderately young chicken, jointed; add 2 quarts of cold water, and simmer until meat is cooked; remove the breast of chicken, and all best part of meat; return the bones to the pot, and boil hard for an hour; strain, and let cool over night. (The chicken will make a dozen croquettes or a nice salad, and the soup is just as good without it.) About an hour before using the soup, skim off all the fat, and put the "stock," which should be a jelly, into a kettle. Let it slowly come to a boil, salt and pepper it, add a cupful and a half of good sweet cream, and 2 teaspoonfuls of flour made smooth in a little of the cream. Do not boil it now, for fear of curdling. Have ready a cupful of celery chopped fine; stew it for half an hour in a little salted boiling water; drain off the water, and add celery to soup. Have a teaspoonful

of cracked crumbs in the bowl, and serve immediately, before the crumbs are soaked.

No. 2. Cut 3 heads of celery into $\frac{1}{2}$ inch pieces, and cook in 1 quart of boiling water until soft, then mash in the water. Cook 1 dessertspoonful of chopped onion, with 1 quart of milk, in oatmeal boiler 10 minutes, and add the celery. Rub through a strainer and put on to boil again. Cook 1 tablespoonful each, butter and flour, together, until smooth, and stir into the boiling soup $\frac{1}{2}$ teaspoonful of salt and $\frac{1}{2}$ saltspoonful of pepper. Boil 5 minutes, strain and serve.

Puree of Peas.

Boil 1 quart of milk, add salt and cayenne pepper. Mix in bowl $1\frac{1}{2}$ heaping tablespoons of flour with one of butter; mix into a smooth paste. Then add some of the milk, making a batter. Put this mixture into the boiling milk, take 2 jars of French peas and press through a fine wire sieve. Add the boiling milk and then serve.

Corn Chowder.

One can of corn, 2 large potatoes sliced raw. Fry three slices of salt pork in kettle, add a layer of corn and a layer of potatoes, dredge with flour, add pepper, cover well with milk and water, and cook until well done. Add soda crackers on top just before serving; salt to taste.

Tomato Soup.

One quart of tomatoes, 1 onion 1 tablespoon of flour, 1 tablespoon salt, 1 tablespoon sugar, $\frac{1}{2}$ cup butter, one-third teaspoon of cayenne pepper, 3 pints water, 1 pint cream or milk. Boil the tomatoes and onion in water for 1 hour. Add the salt, pepper, sugar, butter, rubbed smoothly together like thin cream. Boil ten minutes, boil milk separately 10 minutes. When both are boiling pour the milk into the tomatoes.

No. 2. One and one-half pounds of lean beef, 1 gallon water, boil down to 3 pints. Add 1 quart tomatoes, 1 cup sweet milk, 2 teaspoonfuls of flour rubbed into butter the size of an egg. Boil 1 hour, season with salt and pepper, strain through a colander.

Tomato Cream Soup.

One-half a can of tomatoes, 1 quart of milk, one-eighth of a teaspoonful soda, $\frac{1}{4}$ of a cup of butter, $\frac{1}{4}$ of cup flour, $1\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ of a teaspoon of pepper, a teaspoon of sugar. Boil the tomatoes for 5 minutes, take from the fire, add soda, strain, add sugar. Put the butter, flour, salt and pepper in the sauce pan and continue like white sauce, using first tomatoe, then milk.

Tomato Soup, Without Stock.

One-half pound of good butter. Let it simmer. Add the heart of an onion sliced, 6 cloves, 6 allspice, a

small piece of red pepper, a blade or two of mace and a few sprays of parsley. When the onion is well browned add a quart of tomatoes chipped, or a can of tomatoes if it is in winter time. Cook slowly for an hour. Strain, and add a tablespoonful of well branned flour made smooth in cream—not enough cream to make the soup white. Of course, if you have stock, a cupful improves the soup, or 2 teaspoonfuls of beef extract is a good substitute for stock in any vegetable soup.

Cream of Clam Soup.

Put 1 pint of water on a dozen clams and boil down to $\frac{1}{2}$ pint. Heat 1 pint of milk boiling hot and thicken with flour until like good cream. When ready to serve (not before for fear of curdling) remove the clams from the broth and add it to the milk. Season with butter and pepper. A little whipped cream improves it.

Clam Bisque.

Twenty-five medium sized clams, open in oven. Take 1 pint of juice and 1 pint of boiling water, boil and skim. Boil 1 pint of milk by itself. Mix 3 tablespoonfuls of butter and 3 of flour and a little salt, and put it in the juice and water. Take the tough tongue out of the clams and chop what is left. Add this and the hot milk to the juice and the water. When well heated serve.

Potato Soup.

Twelve good sized potatoes, put in boiling water with 4 onions. When boiled about $\frac{1}{2}$ hour add $\frac{1}{2}$ teaspoonful celery seed. When boiled perfectly soft mash through a colander. If too thick add boiling water until it is the consistency of thick cream. Put $\frac{1}{4}$ pound butter in a pan, when browned add one teaspoonful of flour, pour into the boiling soup, pepper and salt to taste. Just before serving pour in $\frac{1}{2}$ pint of cream.

Cream of Corn Soup.

Grind fine 4 cans of corn; add 2 quarts of boiling water and simmer for 20 minutes. Then rub through a sieve, pressing out all that is good and leaving nothing but the husks of the corn. Scald 2 quarts of milk, with a small onion cut in slices and a few sprigs of parsley. Remove the seasoning and pour the milk over the corn pulp. Bind with $\frac{1}{2}$ cup of butter and $\frac{1}{2}$ cup of flour rubbed together. Season with salt and white pepper.

Corn Soup.

One can of corn, 1 quart of milk, 1 cupful of cream, butter size of an egg, mixed with a spoonful of flour. Beat up 2 eggs and add after taking off.

~~Corn Soup.~~

Take 6 ears, or 1 pint of sweet corn, and put in 1 quart of water. Boil 2 hours, add 1 quart of milk, salt and pepper to taste. One tablespoonful of flour, made

smooth in milk; add to the soup, with a piece of butter the size of an egg.

Bouillon.

Use 1 pound of meat and bone to 1 pint of broth. Season with pepper, salt and onion if liked; best made the day before used, and remove all grease while cold. Heat to the boiling point before serving and strain through a thick cloth.

Bean Soup.

To a dish of baked beans, add a can of tomatoes, a little water or stock, and a meat bone of any kind if convenient. Boil slowly 3 or 4 hours. Season to taste. Strain, and serve with fried bread, nice.

Okra Soup.

Cut the okra in $\frac{1}{2}$ inch pieces, and boil tender in chicken stock; add a cupful of boiled rice, the meat of a chicken cut fine. Season with salt and pepper. Canned okra can be used, but must not be boiled.

Mock Turtle Soup.

Make stock for soup of any fresh meat or salt pork. In another kettle boil black beans 2 hours, strain through a colander into the soup, adding cloves, summer savory, sweet marjoram, pepper and salt. When ready for the table add after straining a second time, sliced lemon, hard boiled eggs cut in slices.

Green Pea Soup.

Wash thoroughly $\frac{1}{2}$ pint peas, then shell. Boil the pods, merely covered with water, until tender; drain in a colander, and put half the peas in the same water and cook until soft; strain again, add butter size of an egg, 1 cupful of milk, salt and pepper, and 1 cupful of whole peas previously boiled. This soup can be made without using the peas.

Chicken with Rice.

Clean your chicken thoroughly, and put on in cold water, let it boil until tender, adding from time to time hot water or stock to make the amount of soup wanted. When the chicken is done, strain the soup, add $\frac{1}{2}$ pound boiled rice, cut the chicken meat in suitable pieces, and put in the soup. Season with salt and pepper.

Drop Dumplings for Soup.

One coffee cup of flour; scald with soup; beat hard. When cold add an egg and beat hard. Dip spoon in hot soup and drop a dumpling size of white walnut. Boil without cover 2 minutes in the soup.

Meats.

Location of the Various Cuts of Beef.

The neck is very tough but there is a good deal of flavor to its meat. It is best for soups and mince meat.

Brisket is rather tough but is very good for stew, pot roast and corned beef.

Chuck is tough. It is sometimes used for steak and is good for stew and pot roast.

The beef is cut at the third rib. The first five ribs are prime; the next four ribs are used for roast, but are not as good.

The plate has a good deal of gristle and bone. It is generally rather lean and is only used for stew and corned beef.

Naval is very much like plate, but has no bone and may be used for stew and corned beef.

Porterhouse is very good for steak and roast. (Very tender.)

Sirloin is good also for steak and roast.

Rump is very tough. It may be used for steak, but is better for stew, pot roast or corned beef.

Round, rather tough, but very juicy and good flavored. It is used for steak, hamburg steak, stew, pot roast, corned beef, beef juice and extracts for beef teas.

Soup bone and any meat from the leg is tough, lean and coarse grained, with very little flavor. It is used for soup stock and corned beef, also for stew.

The tail is used for nothing but soups.

Tongue is good, especially for cold meat and sandwiches, and braised tongue.

Methods of Preparation Explained.

Roasting.

Underfed meat contains excessive amounts of water, which is driven off when subjected to heat; therefore be sure that the meat looks fat and thus economize.

Have your meat about an inch from the bottom of the pan and supported upon a rack so that the juice will collect below. Cover the meat with as little flour as possible to give a dry surface and to insure the formation of a crust or shell after it has been subjected to heat. This will prevent undue loss of juice from the meat and keep it tender. It will also serve as a protection to the fats, which when cooked to a crisp are very indigestible. Also rub the meat well with salt and pepper. If the meat is lean add a little lard, pieces of fat pork or its own fat. Do not add water until within an hour before it is to be removed from the oven—it is far better not to use any while the meat is in the pan, although after it has been removed it is advisable to add enough to remove the fats and glaze that have formed in the bottom of the pan. This broth can be used “au jus” or with a little flour in addition it can be used as “brown gravy.”

Braising.

It is the best method of cooking meats that are lacking in flavor or are tough. A braising kettle is the proper utensil for this method. It should have a **tight** fitting cover. The covered “roasters” are really braising kettles because their covers fit tight enough to con-

fine the steam, thereby causing the meat to be cooked in its own vapor. This is very much the same principle that is used in the "paper bag" method. A little acid, lemon juice, will greatly aid in the process of cooking by helping to make the meat tender. Flavor may be obtained by cooking vegetables with the meat.

Broiling.

A hot fire is a necessity. The double broiler is the best utensil because it retains the juice that necessarily would be lost by the older method. The meat must not be broken or cut after it starts to cook because every incision allows the juice to run out of the meat. When broiling over a gas flame it is necessary to turn the meat only once, but when broiling over an open fire it is advisable to turn the meat every 15 seconds.

Boiling.

The principle of this method is to subject the meat to a great heat at first in order to form a crust that will prevent the hardening of the fats and gelatins; then, when such a crust is formed allow the temperature to drop to about 170 F. and then let it remain at that heat until it has become softened and thoroughly cooked. Let the meat cool in its own juice and it will be extremely palatable.

Frying.

To obtain the best results it is necessary that the meat or fish to be fried should have a coating of something that is readily crusted by fat, i. e., egg and bread crumbs. This coating prevents the hardening of the meat tissue. The fat wants to be rather hot before the meat or fish is put into it; there should also be enough to float or cover the meat. It is best to only add the meat a little at a time because it will then hold its heat. Lard and drippings are the popular fats for this kind of cooking, but so much better satisfaction may be obtained from frying in cottolene oil that it is worth the added expense.

Larding.

Cut a piece of salt pork into strips about a quarter inch in width and thickness and as long as the piece of pork, then with a larding needle draw the strips through the top of the roast, taking short, deep stitches and setting in alternate rows.

Daubing.

This is easier to do than larding, but does not give as neat an appearance. Cut strips of fat salt pork about a quarter inch thick and wide and as long as the meat. Cut a slit through the roast and draw these strips of pork through them until they show on the other side.

Preparation of Meats.

MANNER AND TIME REQUIRED TO COOK.

Roast Beef.

Use a covered roaster.

The best pieces for the roast are cuts from the porterhouse or the front cut of the sirloin. The bones may be removed and the beef made into a roll by rolling the flank toward the backbone and sewing with a large needle and twine, through the tough covering. Many prefer to leave the bones and roast standing. Do not wash but sponge with a wet cloth. Rub with salt and then with sufficient flour to give a dry surface. If a brown gravy is desired put a tablespoon or two of flour in the bottom of the pan, put on the rack, serving side down at first. The oven should be hot and the top surface thoroughly browned in one hour. If you do not have a covered "roaster" watch carefully, basting every 15 minutes. When the top surface is well browned turn it over; when both sides are brown put in water enough to cover the bottom of the pan. Allow 10 to 12 minutes per pound for cooking. When the meat is done remove to the plate and place in a warming oven while making the gravy. Pour off the fat, add $\frac{1}{2}$ pint of hot water to the sediment, stir thoroughly and allow to come to a boil, then add a thickening made of 2 teaspoons of flour rubbed smooth with 4 teaspoons of water, adding slowly until the proper thickness is obtained. Boil well and season to taste, strain into the gravy bowl.

No. 2. If the meat you have is of the poorer cuts or lean it will be very much improved by rubbing well with the following mixture: 4 tablespoons salad oil, 2 tablespoons chopped parsley, 1 onion sliced thin, 2 bay leaves, juice of $\frac{1}{2}$ a lemon; rub well into the meat and allow to stand 12 to 24 hours, coating over the meat 2 or 3 times and use the same mixture to baste while roasting.

Fillet of Beef Larded.

It is the tenderloin. A short fillet weighs $2\frac{1}{2}$ to 3 pounds and will suffice in a course dinner for ten people. First remove every shred of the ligaments and thin tough covering. Draw a line through the center and lard with 2 rows of pork. Dredge with salt, pepper and flour and put without water in a small pan; the oven must be hot, and it will cook in 30 minutes. Put in the lower part of the oven the first 10 minutes and then on the upper grate. Serve with mushroom or tomato sauce. The trimmings from the fillet if fat can be used for frying, the lean part can be used for soup stock.

Pot Roast.

Select from the brisket, chuck, rump or round, place in a hot frying pan fat, either beef or butter, adding if wished a sliced onion after first wiping meat with a wet cloth, searing all the surfaces in the hot frying pan and turning till all the surface is browned. Put in a kettle

with 1 cup of boiling water and place where it will keep just below the boiling point. Add enough water from time to time to keep from burning. The cover must fit closely to keep in the steam; cook until tender, but do not let it break; serve with thickened gravy, or it is very good cold. It may be warmed over in hot butter.

Steak.

For a good, rich, juicy steak get it at least $\frac{3}{4}$ inch thick, trim off the suet, cook in a double broiler for 10 minutes if it is to be rare done, 12 minutes if to be well done, turning frequently. Serve on a hot dish with butter and salt.

Pan Broiled Steak.

Prepare meat as above. Heat an iron frying pan smoking hot, using the suet trimmed off to grease the pan. Sprinkle the steak with salt and lay in the pan, sear each side quickly, then set back to cook more slowly for about 4 or 6 minutes, turning frequently. When done put on a hot platter and pour over it the contents of the frying pan, to which 2 or 3 tablespoons of hot water have been added.

Hamburger Steak.

Chop the round beef fine, season with salt, pepper and a little onion. Make into small, flat patties and broil in a well greased hot frying pan. Serve very hot, with the juice of the pan dissolved in hot water, a little butter on each pattie may be added.

Beefsteak Smothered in Onions.

Trim the steak, putting the suet in a hot frying pan. Add the required amount of sliced onions, season with salt and cover tightly, stirring from time to time until the onions are well done; the steak may be broiled in a broiler or in another frying pan, as directed above. Pour the onions over the steak and serve.

Corned Beef.

It may be selected from the brisket, plate, naval, rump or round. The best pieces are lean beef well streaked with fat, and should be freshly corned. Beef that has been corned 3 days is best.

Wash meat well in water; put in kettle with plenty of water; simmer until very tender. It may be served hot or cold. If it is desired cabbage cut in quarters may be cooked with the meat and the whole served as a boiled dinner.

Beef Stew.

Take 1 pound and $\frac{1}{2}$ from the brisket, chuck, plate, naval, round or leg, and cut it into 2-inch cubes, and add $1\frac{1}{2}$ pints water, 1 sliced onion. Allow to simmer for 2 hours, then add 4 potatoes cut in cubes; after 15 minutes add a cup of strained tomatoes and cook for 15 minutes. Then heat the stew to boiling, and thicken with 2 tablespoons of flour rubbed with 4 tablespoons of cold water. Salt and pepper to taste and boil for 5 minutes. Carrots and turnips may be added to the stew about 1 hour before the meat is done.

Mutton, lamb or veal may be cooked in this manner. If the mutton is fat some must be cut off. In case of veal add 2 slices of salt pork.

Roll Flank Steak.

Trim a flank steak or $1\frac{1}{2}$ pounds of the top of the round. Make a stuffing of 1 cup of bread crumbs, 2 tablespoons of melted butter, 1 chopped onion, 2 tablespoons of melted butter, 2 tablespoons chopped parsley, $\frac{1}{2}$ teaspoon salt, 1 saltspoon pepper, 1 cup hot water. Spread the stuffing on the meat, roll it up and tie with a string. Take 2 or 3 slices of suet, a small sliced onion and $\frac{1}{4}$ an ordinary sized carrot cut in cubes. Put the carrot, onion and suet in the baking pan, lay the steak on it and add 1 cup boiling water, cover closely in a hot oven for 20 minutes, then uncover and cook for 30 minutes. Serve with gravy made from liquid in the pan.

MUTTON AND LAMB.

Roast Lamb.

Choose a thick shoulder. Remove the shoulder blade and leg bone, and rub with salt and finely chopped mint. Smear on the outside with melted butter and dust with flour. Put in a very hot oven until flour is brown, then reduce the heat and baste frequently. Turn it over in $\frac{3}{4}$ of an hour. Four pounds of meat requires 1 hour to roast. Remove the meat to a hot platter, drain off the fat and stir in 2 tablespoons of flour; then heat till well browned, add a pint of water in which the bones have been boiled and stir until smooth, season to taste, and add a tablespoon of lemon juice, strain and serve in a gravy bowl.

Spring Lamb with Mint Sauce.

Take a hind leg of lamb, put in a covered roaster, baste frequently with the exudate and a little salted water. Cook 10 minutes to a pound. The mint sauce should be made several hours before serving, as follows:

Three tablespoons of young mint leaves chopped fine, mix with 2 tablespoons powdered sugar, pour 6 tablespoons of cider vinegar over the mint slowly.

Broiled Leg of Mutton.

Remove the fat from the leg, put on chopping board and beat to a pulp. Fold it into a slab $\frac{1}{2}$ inch thick, broil in a well greased gridiron, turning often, and cook it very rare. Serve hot with butter and salt.

Haricot.

Cut all fat from the chops, flour them well, and brown them with onion. Cover with water and stew for 2 hours, slowly. Then add tomato, salt and pepper to suit taste.

Boiled Leg of Mutton.

Cover the leg with hard boiling water, salt and skim off the scum that rises to prevent discoloration of the meat if it should come in contact with it. It requires but only 2 hours for a medium sized leg to boil. To ac-

company this, serve a puree of young turnips with melted butter sauce or French peas.

Mutton Stew.

(See Beef Stew.)

Mutton a la Creole.

Procure the breast of a mutton, or lamb, if mutton is too fat; chop into $\frac{1}{2}$ inch square pieces; put in sauce pan with $\frac{1}{2}$ pound butter, and fry all to a nice brown color; mix in 1 cupful of flour, and pour over it 1 gallon of hot stock; let it boil 2 hours; add 1 can tomatoes; $\frac{1}{2}$ pound rice previously cooked; $\frac{1}{2}$ an onion cut fine and fried in butter; a little celery cut fine. Season with 1 teaspoonful of curry powder; salt and pepper to taste.

VEAL.

Roast Fillet of Veal.

Take 4 to 6 pounds, $\frac{1}{4}$ cup of butter (or beef suet), $\frac{1}{4}$ teaspoon pepper, tablespoon salt, juice of 1 lemon, stuff with very finely chopped ham that has been forced through a colander and mixed with equal parts of the following: Cream, milk or stock, 2 parts, and 1 part of bread crumbs, cooked until it has become a smooth paste. Mix with $\frac{1}{4}$ the amount of butter. Then fill the cavity left by the removal of the bone with the above filling. Tie into round shape. Cut $\frac{1}{4}$ pound salt pork into thin slices, cover the bottom of the dripping pan with $\frac{1}{2}$ of it, put the fillet on it and with the remainder of the pork cover the veal. Cover the bottom of the pan with hot water and place in the oven, bake slowly for 3 hours, basting frequently with the gravy in the pan. Be sure to keep sufficient water in the pan to prevent burning. After it has been cooking for 2 hours remove the pork from the fillet and spread thickly with butter, covering with flour. Repeat this in 30 minutes. Take the remainder of the butter, put in a sauce pan and when hot add 2 heaping teaspoons of flour. Remove the fillet and skim off the fat of the gravy, taking the remainder and making it to 1 pint with water, add the sauce just made, bring to a boil, add the juice of $\frac{1}{2}$ a lemon, salt and pepper to taste and pour over the veal. Garnish with potato puff and slices of lemon.

No. 2. Take 4 to 6 pounds of a breast of veal, boned, sponged and pounded to uniform thickness, cover with salt and pepper, and lay on a board; spread evenly with dressing to within an inch of the edge. Roll loosely and tie. Sprinkle well with flour and lay on a rack in a dripping pan, laying thin narrow strips of fat salt pork over the top of the veal. Set on a grate in a very hot oven until the surface is well browned, then bake more slowly, covering with a buttered paper if it bakes too fast. Allow $\frac{1}{2}$ hour per pound. Baste every 20 minutes with the dripping in the pan, adding enough water to prevent burning. The dressing to be used is made as follows: 1 pint fine bread or cracker crumbs, 1 level teaspoon salt, 1 table-

spoon thyme or summer savory, $\frac{1}{2}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon onion juice, moisten with 1 egg, well beaten, 2 heaping tablespoons butter melted in 1 cup of hot water, or salt pork chopped fine, may be used in place of butter.

Veal Loaf.

No. 1. Two and one-half pounds minced veal from the leg, 2 eggs, well beaten, 2 teaspoons pepper, 2 teaspoons of salt, two-thirds grated nutmeg, 3 rolled crackers, 1 tablespoon cream, butter the size of a small egg, mix together and make into a loaf. Roast and baste like other meats. It is improved by pouring over it a cup of stewed tomatoes.

No. 2. Three pounds of chopped veal, $\frac{1}{2}$ pound of salt pork, 6 Boston crackers rolled fine, 1 egg beaten. Pepper and salt to taste; a little thyme if desired. Mix thoroughly. Form into a loaf. Bake 3 hours, basting frequently.

Veal Pot Pie.

One quart pieces of cold cooked veal, add a scant teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 1 teaspoon shredded onion, place in a 2 quart pan. Fill almost to top with meat gravy, stock or water, cover and set on top of stove to heat while making crust. Crust is, 1 quart flour, 1 even teaspoon salt, 1 heaping tablespoon butter well rubbed together; mix quickly with enough cold milk to make a soft dough. Shape on molding board to fit pan, cut holes to allow steam to escape and lay on the boiling meat. Bake 40 minutes in a hot oven.

Sweet Breads.

To clean, carefully remove all tough fibrous skin, put in a dish of cold water for 15 minutes, boil in slightly salted water with a little lemon juice for 20 minutes.

Sweet Breads Larded and Baked.

Clean, draw through each 4 very thin slices of pork (size of a match). Drop them into cold water for 10 minutes, then into hot water and boil 20 minutes. Remove, spread with butter, salt and pepper and bake 20 minutes in a quick oven. Serve with green peas drained, seasoned with salt and butter, poured in the center of the dish. Arrange sweet breads around edge and pour cream sauce outside of the sweet breads. Garnish with parsley.

Sweet Breads Fried.

Soak sweet breads in salt and water to draw out the blood. Roll in salted corn meal. Fry in lard sufficient to cover the bottom of frying pan, cook thoroughly.

Pork.

In buying and cooking pork be sure that the meat is young and not overloaded with fat, and that it should be well cooked, at least 20 minutes to the pound.

Roast Pork.

The loin, spareribs and chine are the best roasting pieces. Rub well with salt, pepper, sage and flour and bake 20 minutes to the pound. Baste often and do not have the oven as hot as would be necessary for other meats.

Pork Tenderloin.

Split them nearly through so that they will lie nearly flat when doubled. Cover $\frac{1}{2}$ of the piece with dressing, fold the other half over it and sew the edges together. Bake. Dressing, bread, salt, pepper, onion, butter and a little sage.

No. 2. Split open and broil. Brown thoroughly but do not burn. Season with pepper, salt and one sage leaf for each one. If too dry, rub with butter.

Boiled Ham.

After cleaning put it into a boiler and cover it well with water. It should be 2 hours coming to a boil, then it should simmer for about 20 minutes to the pound. Allow it to cool in the pot or at least stand 2 hours before finishing in the oven. It should not stay in a quick oven more than 29 minutes.

There are many ways to boil a ham but in using any method be sure to heat and cook slowly and to allow it to cool in its own liquor.

Broiled Ham.

If very salty, cover with water and set back on the stove, where it will come to a slow boil. Then remove some of the fat if there is too much, put in the frying pan and allow to dry out as is done in cooking bacon; put the ham in the pan and cook until well done. If the pan and grease are hot, and you have a quick fire, about two to four minutes to a side will be required to cook the ham enough.

Bacon and Liver.

Cook the bacon as you would ordinarily cook it for breakfast. Cut the liver in slices $\frac{1}{4}$ to $\frac{1}{2}$ inches thick and parboil for 6 minutes; then dry and roll in flour. Put them in the hot bacon fat and when they have browned they will be done enough.

ENTREES.

Hash.

Best meat for hash are the left overs of stew or corned beef, but any scraps of cold meat may be used, taking pains to cook any tough bits tender. Chop evenly but not too fine, using about $\frac{1}{4}$ fat meat. Add an equal quantity of chopped potatoes. Put into a pan 1 cup of stock or gravy, adding enough water to make 1 cup for each pint of hash; add a teaspoon of butter and the hash as soon as the stock boils, stir only sufficient to mix well and set over a moderate fire until browned on the bottom. Fold over like an omelet and serve hot.

Baked Hash.

Prepare like the above, adding more seasoning, an onion, catsup, Worcestershire sauce, etc. Put in a well buttered baking dish and cook until brown. Serve in the dish as baked.

Calves Brains.

Cut the lobes in two, soak in cold, salt water 1 hour, then cover with hot water and skin them. Dip in egg and milk, roll in bread crumbs, and fry slowly in plenty of hot fat. Serve with tomato sauce.

Jellied Tongue.

Boil until done a large smoked beef tongue, saving a pint of the liquor; remove the skin, allow it to get perfectly cold, and slice as for the table. In half a pint of water dissolve thoroughly 2 ounces of gelatine; carefully take from a teacupful of browned veal gravy all the grease, stir in a small tablespoonful of sugar, 1 of burned sugar to color the jelly, and 3 of vinegar; then the liquor in which the tongue was boiled. Mix in well the dissolved gelatine, then a pint of boiling water. Strain through a jelly bag. As soon as it begins to set, pour a little jelly into the bottom of the mould, add a layer of tongue, then more jelly, until it is full. Set in a cold place to harden. When wanted, dip the mould an instant in hot water, and turn into a garnished dish.

Poultry Dressing.

For a roast chicken of 4 pounds take a cup of coarse cracker crumbs, add $\frac{1}{4}$ cup butter, season well, salt, pepper, sage or thyme.

For an 8 pound turkey, 1 quart of stale bread crumbs, melt $\frac{3}{4}$ cup butter and mix well, season well with pepper, salt, sage or savory or other desired herbs.

Chestnut Dressing for Turkey. Trim $\frac{1}{2}$ pound raw lean veal. Remove the covering of same weight of leaf lard, chop both very fine, then pound and mix till well blended. Moisten with $\frac{1}{2}$ pint stock, add 1 teaspoon salt, saltspoon pepper, 4 dozen chestnuts, lanced and boiled. Fill the turkey breast and body. One cup of this dressing may be saved, thoroughly mashed and used to thicken the gravy.

Duck Dressing. One-half pound onions chopped fine, add 3 tablespoons stale bread crumbs, 1 teaspoon powdered sage, the liver of the duck parboiled and minced. Season with pepper, salt and cayenne to taste.

Stuffing for Roast Chicken.

Chop apples, or ripe pears; season with bread crumbs; mix a small quantity of nutmeg, salt and butter. All bread crumbs should be of a light stale loaf, free from crusts, not hard or soaked bread.

Stuffing for Birds.

Have good bread, moderately stale, crumb it fine and pour a little water on it. Don't soak it. For 6 quails take 2 cups of bread crumbs. Take 2 table-

spoons of butter, put in a pan, melt it, fry half an onion in it, a sprig of parsley, 2 cloves, 4 allspice, a blade of mace, 2 black peppers, and some celery seed (unless you have fresh celery). Skim out the spices after 15 minutes; pour the butter over the bread, add pepper and salt if necessary. This is good stuffing for everything except ducks. A spoonful of chopped raw celery is good added to the stuffing, or a couple of small oysters in each quail improves them.

Poultry.

Foreword.

All game with dark meat—quail, grouse, duck, etc.—should be cooked rare, whereas turkey, chicken, or the light meated animals, should be cooked well. Poultry is not as nutritious as the meats, but the change of flavor makes it very agreeable.

Selection.

Be sure that the bird is in proportion to its size, that is, that the meaty part corresponds in weight to the skeleton. Birds with prominent breast bones are not economical, as these types generally are not of proportionate weight. The skin of a good fowl is clean, moist and delicate, with the feet a good yellow. An old fowl has a coarse skin, heavily scaled feet, and as a rule they are too fat. The cock is more highly flavored than the hen, although the meat is not as tender or as finely fibred. The comb of the cock identifies it from the hen. The above will aid in the judging of turkeys.

Ducks and geese should be about a year old to be the best. Their breasts should be firm and full. The wings and webbing should be tender to the touch and the fat soft and white. The windpipe should crack when pinched, otherwise the meat is likely to be tough.

Squabs have pink legs and light, reddish colored flesh on the breasts. The breast meat of the old pigeon is very dark. The young pigeon also has an abundance of pin feathers.

Grouse, quail and partridge should have yellowish bills, dark legs and plump, full breasts.

Broiled Chicken.

Split the bird down the back, crush the breast bone and pin the wings and legs as close to the body as possible, sprinkle with salt and pepper. Rub inside and out with soft butter before laying on the broiler. Cook the inside next to the coals first as long as possible without burning, then turn and cook the outside till the skin is of a pretty brown. When both sides have been cooked as above start turning them often until well done. It will take from 20 to 30 minutes for a broiler to be cooked properly. A cover, a pan, helps the bird to cook faster. Serve on a hot platter after buttering it well.

Boiled Chicken.

With a chicken of about 4 pounds put 1 pound of fat bacon. Put in a suitable kettle and cover well with water. When it begins to cook, very carefully skim the scum that rises and after it has ceased to rise set the kettle back a little from the fire so that the chicken will just slowly simmer. Allow it to remain this way for about 3 hours, or until it is nearly ready to fall apart. Add salt to taste, about $\frac{1}{2}$ hour before taking it up. Keep it on a hot dish while you cook the liquor down to about a pint. Skim off all the fat from the liquor, add flour until it becomes the right thickness for gravy. (By adding a little vegetable and boiled rice to the broth, if gravy is not desired, a very fine soup may be obtained.)

Roast Chicken.

Put the chicken on a rack in the dripping pan, brush with butter and dredge with flour. Set in a very hot oven till browned, then reduce the heat. Keep turning the fowl over so that it may become properly and uniformly cooked all over. Baste with butter till it becomes browned, and also add 1 pint of water, which should be renewed as necessary. Dredge with flour at every alternate basting. It ought to take about $1\frac{1}{2}$ hours for a medium sized chicken to cook.

Chicken Pie.

Divide the chicken into pieces, allow these to boil for about 20 minutes until they are only part done. Take the chicken out and fry two or more pieces of salt pork in the kettle. Put the chicken back and add 1 cup of water, $2\frac{1}{2}$ ounces butter, 1 teaspoon salt, pepper to taste, and cover with a crust, the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom. When the crust is well risen cover with a buttered paper so as to prevent its burning before the rest of the pie is done. Remove the fat from the first water that the meat boiled in, add a little flour till thickened, add a cup of cream, season to taste and when the pie is done pour this gravy through the holes in the crust previously cut to allow the steam to escape.

Fricasseed Chicken.

White. Brown over a quick fire in butter. Cover with boiling water and allow to simmer till tender. Time, about 45 minutes. Reduce the stock to about 1 pint and add 1 tablespoon of butter and 2 of flour. Season with $\frac{1}{2}$ teaspoon celery salt and salt and pepper to taste. Add 1 cup of hot cream and pour over 1 well beaten egg, stirring well. Arrange the chicken to suit taste, garnish and add the stock.

Fried Chicken.

Quarter. Season with salt, pepper and dredge with flour. Fry in hot fat until well browned on both sides. Cover and set back to slowly cook for about 15 minutes.

Roast Turkey.

Allow 2 hours for an 8 pound turkey. For other directions see Roast Chicken.

Roast Goose.

Use the duck dressing. Cover the breast with a buttered paper for an hour. Soak the giblets in salt water, pour on boiling water and cook gently till tender, chop, and add to the gravy, removing all of the fat. Brown 2 level tablespoons of flour in it, adding stock or water to make 1 pint. Garnish the goose with apples cooked as follows: Take small round sour apples, peel smoothly, and brown in sugar and butter, 1 tablespoon per 6 apples. Stew in broth enough to cover; remove as soon as tender. Boil the broth down to a sauce and pour over the apples.

Roast Duck.

Use the duck dressing.

Clean and tie the legs across the back, stuff and tie the wings close to the side. Roast from 30 to 45 minutes. Serve with a good brown gravy, with apple sauce.

Broiled Squab.

Singe, draw and split down the back. Crack the large bones and flatten. Season and broil slowly. Serve on dry toast with melted butter poured over it. Garnish with water cress.

Game.

Broiled Rabbit.

Skin and lay in salt water to sweeten. Prepare like chicken and cook over hot fire. Season and pour over melted butter, mixed with 2 tablespoons vinegar and 1 of mixed mustard.

Squirrel Pot Pie.

Two squirrels skinned and cleaned and cut into pieces. Roll in flour and fry brown in a good fat. Add 1 pint boiling water, 1 minced onion, $\frac{1}{4}$ lemon, sliced thin, 1 teaspoon salt and $\frac{1}{2}$ pepper. Fry the minced onion brown in a spoon of butter, and add to water. Cover closely and stew for 1 hour. Pour into a pan, make a baking powder biscuit crust, cutting the biscuits round and laying them on top of the stew. Put all in the oven and bake till the crust is done. If desired a thickening can be added before putting on the crust.

Fish.

Selection.

Small fish should be fried, medium sized fish are better, broiled, baked or split. Large fish are usually better steamed or boiled.

The gills should be bright and clear red. The eyes should be full and the body firm and stiff.

Preparation.

Before cooking they should be well washed and kept in salt water for a time, although they should never

be allowed to stand in water for any length of time. They should always be kept on ice till used.

To Broil. Large fish should be split down the back. Use a double wire, well greased broiler. Dust well with salt and pepper and put the flesh side next to the fire first until it is almost done, then turn the skin side toward the heat till it becomes nicely browned. Large, thick fish require from 15 to 20 minutes broiling. Small fish require from 5 to 10 minutes. It must be watched closely so as to prevent burning. When done pour on melted butter and set in warm oven for a few minutes to give the butter time to penetrate the flesh. Garnish with any fresh greens.

Halibut, Broiled.

Season with salt and pepper, lay in melted butter for $\frac{1}{2}$ hour, be sure that it is well covered on both sides. Roll in flour and broil for 10 minutes. Serve with slices of lemon.

Baking Fish.

Whitefish, bass, pike, pickerel, etc., are the best baking fish, because the meat is white.

Rub well with salt, stuff and sew, leaving an end that may be found when the fish is done. Gash the sides and put in them strips of fat salt pork. Rub with salt, pepper and butter, dredge with flour and put it into a hot oven without water. Baste with hot water and butter as soon as it begins to brown, and repeat every 10 minutes. Remove very carefully when done and put on a hot platter. Draw the string and remove all water and adherent fat, also the pork. Serve the fish garnished with parsley with bits of lemon around it.

Panned Fish.

This method of cooking is best for small fish. Clean well, rub over with salt and roll in flour or fine bread crumbs. Heat frying pan hot with just enough grease to keep fish from sticking. When the fat begins to smoke lay in the fish and cook quickly on both sides till brown. Then set back cover carefully and cook from 10 to 20 minutes, according to size of fish.

Fried Fish.

Remove the backbone, season, and roll in white corn meal. Take 1 cup fat, heat, lay the fish in the hot fat and cook brown on each side. Drain on soft paper, spread with butter and garnish with slices of lemon.

Creamed Cod Fish.

Wash thoroughly and soak in cold water. Change the water and heat. As soon as it begins to boil set where it will keep hot but not boiling. Take $\frac{3}{4}$ tablespoon butter, put it in a pan, add slowly 2 tablespoons sifted flour, stir and rub smooth, add 1 pint milk, stirring all the time. Bring to a boil and add the cooked cod fish, using enough of the liquor to salt.

Fish Balls.

One cup of raw fish, 1 pint small pared potatoes, 1 egg, butter the size of an egg and a little pepper. Cut the fish across the grain in slices $\frac{1}{2}$ inch thick. Put the potatoes in the kettle with the fish on top, cover with boiling water and boil $\frac{1}{2}$ hour. Strain off the water and mash fish and potatoes together, beat until fine and light, then add butter and pepper and 1 egg well beaten. Have a kettle of boiling fat, dip a tablespoon in it and take some of the mixture, shaping as well as possible, drop in the boiling fat and cook till brown. Dip spoon in the fat every time you add mixture; be sure that the fat is hot enough.

Cod Fish Balls.

One pint of cod fish minced fine and scalded; 1 quart of hot boiled potatoes mashed fine (better put through a potato sifter); mix with fish; add butter, $\frac{1}{4}$ of a cup, about as much cream, a little pepper and two well beaten eggs. Keep all as hot as possible. Beat together with a fork. Roll lightly in flour and fry like doughnuts in very hot lard and beef drippings, half of each.

Broiled Cod Fish.

Soak and cut in pieces two or three inches square; dry and broil; after broiling put in a cloth, and pound with a mallet till the fibres are loosened and separated. Pour on boiling water and strain off. Put on butter and set in the oven a little while before serving.

Turbot a la Creme.

Boil a large whitefish; pick it up fine; make a sauce of a quart of milk, a little thyme, a few sprigs of parsley, a little onion; simmer together till well flavored; wet 2 tablespoons of flour, and stir in with a half cup of butter until it thickens; then strain it on the yolks of 2 eggs; season with pepper and salt. Put some of the sauce in a pudding dish, then a layer of fish, and so on until the dish is full, putting sauce on top; cover with rolled crackers; brown in the oven.

Salmon Jelly.

Make clear lemon jelly according to any good recipe, omitting sugar. Add salt and a very little white pepper if desired. Fill mould and drop in nice pieces of salmon. It makes a pretty salad to use small moulds, placing in the bottom of each a slice of lemon. Garnish with tiny lettuce leaves, and place on each dish a spoonful of mayonaise.

Oysters.

Oyster Stew.

Pour off 1 cup of the liquor, add $\frac{1}{2}$ cup of water, boil, skim, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper, tablespoon butter, tablespoon rolled cracker; when it begins to boil add 1 pint oysters, boil 1 minute. Put

$\frac{1}{2}$ cup cream or cold milk into the tureen and pour stew over it.

Dry Stew of Oysters.

Put oysters in a sauce pan, and let them come to a boiling point very quickly; skim off substance which rises to the surface; season with salt and pepper; add a little butter; boil for one-half a minute and serve.

Broiled Oysters.

Take the largest oysters, scald, dry on a towel, dip into melted butter and then into flour; lay them on a buttered broiler and cook until light brown. Serve on thin slices buttered toast. If a gas stove is used lay toast under the broiler to catch the drip.

Scalloped Oysters.

One pint oyster meat, cleaned and drained, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup grated bread crumbs, $\frac{1}{2}$ cup coarse cracker crumbs. Grease the pan well with butter and sprinkle on the layer of bread crumbs, then a layer of oysters and bread, using the crackers for the top. Season each layer of oysters with a little salt and butter, pepper to taste. A tablespoon of lemon juice mixed with $\frac{1}{4}$ cup oyster liquor and pour over, let stand for 1 hour. If it looks too dry add more of the juice before baking. Bake 20 minutes in a quick oven.

Maryland Fried Oysters.

Drain the liquor entirely off the oysters; then lay them on a brown linen towel, and dry them. Have frying pan hot, and put in plenty of lard and butter in equal quantities.

Break an egg, and take a plate and beat it up, yellow and white together; put some pepper in; then dip oysters first in egg, then in cracker dust, and when the frying pan with butter and lard is scalding hot, fry them until they are a light brown color, that is until they begin to brown. Be careful and don't fry them too much.

Croquettes.

Rice Croquettes with Jam.

Boil the rice soft; to 1 pint of rice add 2 eggs; mould in oblong rolls; cut open with a thin pointed knife; take out a little rice, and fill with jam; roll in sifted cracker, using as little cracker as possible; fry in fresh lard; then powder with sugar. Makes a nice lunch dish.

Salmon Croquettes.

One pound salmon, boiled 20 minutes and chopped fine. Add one-third as much bread crumbs, 1 egg, melted butter size of walnut, 1 tablespoon Worcestershire sauce, a little red pepper and a little salt. Add 1 cup of soup stock. Shape and dip in egg, then in bread crumbs, and fry in hot lard.

Lobster Croquettes.

Mince the meat of the lobsters fine; season with salt and pepper. Melt a piece of butter in a sauce pan;

mix with it 1 tablespoon of flour; add lobster and a little finely chopped parsley; add a little stock also, and let it come to a boil. Remove from the fire and stir in the yolks of 2 eggs. Spread this mixture on a platter, and when cold mould into croquette shapes| Dip carefully in beaten egg, then in cracker crumbs, and fry to a rich brown color in hot lard.

Chicken Croquettes.

No. 1. Mince very fine 1 cold chicken and 2 sweet breads previously parboiled (a little rice may be substituted for the sweet breads). Season with salt, pepper and a little nutmeg (a very little onion). Take 1 tumbler of cream, 2 tablespoons of butter, 4 tablespoons of flour, a little salt. Mix and boil, then stir in the minced meat, also some of the broth in which the chicken was cooked. When cold take a spoonful of the mixture and roll into shape. Dip them in the beaten yolk of an egg and cracker crumbs. Drop into hot lard (in frying basket), cook a light brown. This recipe makes one and a half dozen croquettes.

Chicken Croquettes.

No. 2. One-fourth pound of butter, $\frac{1}{2}$ pint of sweet cream, 3 tablespoons of stock, 3 tablespoons of flour, $\frac{1}{4}$ pint of chicken stock, $\frac{1}{4}$ can of mushrooms, the juice of half a lemon. Boil the chicken, let it cool, cut the meat in small pieces and chop the mushrooms. Melt the butter in sauce pan, stir in flour, cream and stock, stirring until it boils; take it off the fire, add stock, seasoning chicken and mushrooms. Spread thin on a platter. When quite cold make in form of a peak. Dip in whipped egg, then cracker crumbs and fry in boiling lard. Too many put in at one time will cool the lard.

Cod Fish Croquettes.

One cup fish freshened and picked fine, 3 cups cold mashed potatoes, whites of 4 eggs beaten stiff, form in oblong cakes and fry in hot lard.

Meat (Beef) Croquettes.

Chop fine, not to make it pasty. Add an equal amount of hot, boiled rice, cooked very soft, season highly with salt, pepper, cayenne and onion juice, cool. If it is too stiff add a little gravy or stock.

Oyster Croquettes.

One-half pint oysters, $\frac{1}{2}$ pint cooked veal, 1 heaping tablespoon of melted butter, 3 tablespoons cracker crumbs, yolks of 2 eggs, 1 tablespoon onion juice. Chop meats very fine, soak crackers in oyster fluid, then mix all ingredients and form. Dip in eggs and roll in bread crumbs and fry in hot fat.

Beef, Veal, Sweet Breads or Game may be made like Chicken Croquettes.

Fritters.

One pint of milk; 4 eggs (yolks beaten with milk, whites beaten separately); 1 teaspoon of salt. Fry in hot butter or lard.

Corn Fritters.

Take 12 ears of corn, score each row lengthwise with a sharp knife, and then scrape the inside of the kernels from the cob with the back of the knife. Beat 2 eggs into this, and season with salt and pepper to taste. Have a little butter hot in a frying pan, and fry quickly, 8 or 10 spoons at a time, taking care not to burn them. Serve immediately.

If the corn is very dry a few tablespoons of milk may be added, but never flour.

Crumpets.

One quart of milk, $\frac{1}{2}$ yeast cake dissolved in warm water, or 4 tablespoons of yeast; 1 tablespoon of lard, 1 tablespoon of butter, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of soda, sifted twice, with the salt in a quart of flour. Mix well at night. Beat up hard in the morning, and let it rise for half an hour.

Half fill heated and buttered muffin rings, on a heated and greased griddle, with the batter, and bake on the top of the stove, turning once. Run a sharp knife around the inside of each ring, and loosen the crumpet. Eat hot. Cold ones left over are nice split, toasted and buttered.

Eggs.

Scrambled.

Pour 1 cup cream into a frying pan. When hot pour in 6 eggs, or 1 egg to a person in proportion to cream if only a small amount is desired, previously broken into a dish. Cook slowly, stirring constantly, so that the eggs will be evenly done. Season with salt and pepper to suit taste.

Soft Boiled Eggs.

Turn boiling water on eggs, and set on the back of the range for ten minutes. They will be cooked to a jelly, and be very digestible.

Poached Eggs.

Put enough water in a shallow pan to float the eggs when broken into it. Break the eggs, one at a time, and slide them carefully into the pan, being careful not to break the yolk. If there is not sufficient water to cover them gently pour in the pan a little more boiling water. Cook until the whites over the yolk have become cooked. To aid this, keep gently pouring the water from the pan over the eggs by dipping it up with a spoon. When the whites have hardened, lift the egg carefully with a cake turner and lay them on buttered toast.

Fried Eggs.

Fried eggs may be fried in any sweet grease. Keep the grease hot but not hot enough to cause the eggs to crinkle up around the edges. Keep dipping the hot fat over them to aid them in cooking evenly.

Plain Omelet.

Put 4 eggs with $\frac{1}{2}$ teaspoon of salt, 1 scant salt-spoon pepper. Beat 9 or 10 times very vigorously and add 4 tablespoons of milk. Put 1 teaspoon butter in an omelet pan, shake over the fire until it becomes frothy, turn in the eggs and shake over a quick fire until they are set. Roll them and turn into a dish. Spread seasoning over the eggs before rolling.

Omelet.

Take 3 eggs, beat the whites and yolks separately. To the yolks, after they are beaten, add half a teaspoon of salt, a teacup of rich cream, in which a heaping teaspoon of flour has been smoothly rubbed. Lastly, stir in the whites, which have been beaten as for cake. Have ready a spider, in which has been melted a tablespoon of lard, and which is as hot as can be without burning; pour in the mixture, and cook to a rich brown.

Ham or Parsley Omelet.

Prepare omelet as above, adding a little finely chopped ham or parsley after it is in the spider, and fold together when delicately browned.

Eggs with Cream Sauce.

For 6 eggs toast as many pieces of bread (cutting off the crusts); dip them into boiling water; lay on a warm platter, and cut in half. Boil eggs from 5 to 7 minutes, shell them, cut in two, and lay half an egg on each piece of bread. Make a sauce of 1 pint of milk, butter the size of an egg, 1 tablespoon of flour stirred smooth in a little cold water, and added when the milk and butter are boiling. Season to taste with pepper and salt. Pour this sauce over the eggs, and sprinkle with bread crumbs browned in butter. Serve hot.

Vegetables

Asparagus

Cut the tender parts of the stalks into bits about $\frac{1}{2}$ inch in length and then boil until tender. Drain off the water and to 1 bunch add $\frac{1}{2}$ cup cream and a pinch of salt. Cook slowly to a thick sauce.

No. 2.—Cut open as many rolls as there are people to be served or as are wished, crisp them in the oven. Then heat a cup of milk to boiling and add it gradually to 2 beaten eggs, stirring the while to prevent the milk from curdling, add $\frac{1}{2}$ tablespoon butter. Boil soft parts of the asparagus till tender and roll them in flour, then stir the two parts together, fill the biscuits and serve.

A thickened asparagus on toast is also another way of serving it that is acceptable to many.

Beans

Baked Beans

Soak 1 quart white beans over night. In the morning put them over the fire in cold water and parboil

slowly for a few minutes. Allow the water to just come to a boil before removing them from the fire, then drain through a colander, and rinsing well with cold water. Lay bits of fat salt pork and a little onion on the bottom of the bean dish. Have ready $\frac{1}{2}$ pound salt pork squared into $\frac{1}{2}$ -inch squares to mix with the beans, also adding to them 1 heaping teaspoon sugar, 2 tablespoons molasses (if the sweetened beans are not cared for omit the molasses and the sugar), and a pinch of cayenne pepper. Cover with cold water and bake from 8 to 10 hours steadily, or until they have become soft enough to suit taste.

Kidney beans can be used in above way.

String Beans

Cut into $\frac{1}{2}$ inch lengths, put them into fast boiling water and cook them for 1 hour. Change the water at the end of $\frac{1}{2}$ hour and add 1 ounce of salt pork. Cook till most all the water is gone. A thickening may be added if wished. Serve.

Shelled Beans.

Cook in boiling water till they seem done when tasted, salt 5 minutes before they are removed, drain, season with butter and salt.

Brussel Sprouts with Chestnuts.

Parboil the sprouts, then steam with soup stock, butter and a little nutmeg. Cut a cross on the chestnuts, boil until done, shell them, and steam with water, butter and a little sugar. Serve with chestnuts in the center of the dish, sprouts surrounding them.

Lima Beans.

Dried lima beans may be softened so they can be cooked as the green ones are by allowing them to soak for 36 hours.

Boil and season to taste and thicken if desired with a little cream and flour. Lima and other white beans are improved by adding a little butter or fat salt pork.

Beets.

Clean well. Boil rapidly till tender, boil 40 minutes if the beets are young and new, 2 hours if they are large and old. Then turn them into cold water and rub off the skins. Cut in pieces, butter well, add pepper and salt to taste.

Cabbage.

Choose the size desired, noting that the outside leaves are not too wilted. Remove the wilted parts, quarter, remove the heart or the fibrous part that is in the center. Boil in plenty of water, using $1\frac{1}{2}$ quarts to 1 pound cabbage. Drain and again add boiling water; cook till tender, or about 50 minutes. Drain in a hot oven. Dress as desired.

Stuffed Cabbage Head.

Remove the heart, boil till tender in salt water, then remove and chop. Mix this with $1\frac{1}{2}$ pounds ground round steak, $\frac{1}{2}$ pound salt pork ground, add 1

sliced onion, salt and pepper to taste. Then make into a ball and wrap around it one of the larger leaves that was taken off when the heart was removed. On the outside of this leaf put a layer of the chopped dressing, etc., till all the leaves are used up. The cabbage should then be somewhat near its original form. Tie it so with strings, sew in a cloth and put it in boiling water. Boil for 3 hours, then remove the cloth and carefully put it on a platter. Cut in slices when serving as would be done with a roast.

Fried Cabbage.

Cut a firm, crisp cabbage crosswise, cover with cold water and boil 1½ hours. After boiling 1 hour remove the cover and add 1 tablespoon pork drippings and one of butter. Let the water boil off and allow the cabbage to fry 15 minutes in the grease. Season to taste. Serve hot.

Wirsing, or Savoy Cabbage.

Cut in small pieces, removing the thick stems. Boil 10 minutes, drain well, and press out all the water; add beef broth, butter, salt and a very little nutmeg, and cook slowly. Time, 1 hour.

Carrots.

Clean, cut into pieces, boil until tender and drain. Pour over the pieces melted butter and serve.

No. 2. Clean, parboil 15 minutes, then dry them. Put in a sauce pan with 1 tablespoon sugar, 1 cup stock, 1 tablespoon butter and boil till tender, remove the cover and boil rapidly till the stock is glazed.

Cauliflower.

Remove the outer leaves, clean by shaking in water. Put the head in boiling salted water and cook till tender. Serve as soon as it is done because it cools very fast after the water has been removed.

Corn on the Cob.

Husk, remove the silk and ends that are not good and put on the stove in cool water. Boil till tender, about 15 minutes; remove, serve.

Dandelion Greens.

Wash the plant well to remove any grit, then boil till tender and season with salt, pepper and vinegar, and butter. Pieces of beet add to the flavor if added when the plant is half cooked. For more minute directions see Spinach.

Fried Egg Plant.

Peel and cut in ½ inch slices. Season with salt and pepper and allow them to stand 15 minutes under weight on a tilted plate to drain off the juice. Roll the slices in flour and fry.

Greens.

(See spinach.)

Macaroni.

One-fourth pound macaroni, broken into 2 inch lengths requires 3 quarts of salted boiling water. Boil

in an uncovered dish 40 minutes or till very tender. Drain, rinse with cold water.

Macaroni and Cheese.

Use the above cooked macaroni and arrange in alternate layers with riced cheese, in a heavily buttered pan. Pour over it a sauce, tomato is very good, cover with buttered cracker crumbs and bake in oven till the crumbs are browned.

Macaroni, Baked.

Pour over $\frac{1}{2}$ pound broken macaroni boiling water and add a little salt. Boil 30 minutes, drain well, put in a baking dish and add 2 tablespoons flour, $\frac{1}{2}$ teaspoon powdered mustard, $\frac{3}{4}$ pound riced or grated cheese, 1 pint of morning's milk (the cheese will curdle the milk unless it is fresh), mix the mustard, some of the milk and the flour to a smooth paste and set the rest of the mixture on the stove. When boiling add the paste and cheese; and cook till it becomes smooth. When done pour over the macaroni and bake 20 minutes till brown.

Hulled Corn, Hominy.

Soak $1\frac{1}{2}$ cups hominy for 6 hours in warm water, changing the water 3 times, each water being warmer than the last. Boil in the last water. Salt a few minutes before it is done.

Onions, Boiled.

Peel. Cook in boiling water till tender, add $1\frac{1}{2}$ teaspoon soda to the water to soften. Change water to boiling salt water and finish cooking. Drain, add a little warm milk, or only butter. Serve hot.

Onions, Fried.

Cut in suitable slices and fry in butter, beef fat or in the juice of steak.

Scalloped Onions.

Parboil the onion till tender, put into a pan well greased and alternate the layers with cracker crumbs and the onions. Butter the top layer of cracker crumbs slightly, put the dish in the oven and bake till brown, taking care not to burn. Twenty minutes of baking ought to be enough if the onions were well drained before adding the cracker filling.

Okra, Fried.

Fry with fat bacon 1 sliced onion, add 1 pint of sliced okra. Stir in and fry brown. Season with salt and cayenne pepper.

Peas.

Never wash the peas, but rather wash the pods before shelling. Put the peas into salted boiling water and cook rapidly for 20 minutes to $\frac{1}{2}$ hour. Remove and serve as soon as done. Before done add 1 tablespoon butter, a saltspoon salt and a little sugar. Allow this with the water to boil down till the peas are just moist, then remove and serve hot. Cream may be used

in place of the butter if so desired. The above is for 1 pint of shelled peas.

Parsnips.

Clean, cook in boiling salt water till tender, take off the fire, skin, mash, season with salt and pepper to taste.

Fry parsnips as you would sweet potatoes, in plenty of fat seasoned well with salt and pepper. They are much more palatable this way than boiled, because they retain their flavor.

Potatoes, Flaked.

Boil the potatoes in their skins till done, drain, dry and peel. Rub through a sieve into a dish that is hot. This is the same method as riced potatoes, only the sieve is used instead of the ricer.

French Fried Potatoes.

Slice the potatoes lengthwise about $\frac{1}{4}$ inch thick. Fry till nearly done, remove from the grease, drain then again fry. Salt.

Lyonnaise Potatoes.

Cut the potatoes into irregular shapes. For 1 pint potatoes take $\frac{1}{2}$ tablespoon chopped onions, $\frac{1}{2}$ tablespoon chopped parsley and $1\frac{1}{2}$ tablespoon butter. Fry the onion in the butter till yellow, then add the potatoes. Season to taste with salt and pepper. When nearly done add the parsley, cook 3 minutes longer and serve hot.

Fried Potatoes.

Cut into slices and fry in drippings or butter. Cook, covered, for 5 minutes, then uncover; stir to prevent burning and cook till browned..

Warmed Up Potatoes.

Slice or chop up boiled potatoes. Put on the fire, in a sauce pan, a little milk. When boiling add a small teacupful of butter, into which rub a teaspoonful of flour. Add potatoes, and cook about 10 minutes.

Potato Balls.

Use mashed potatoes. Add some cream, yolks of 2 well beaten eggs, salt and pepper to taste. Mix well together, make into patties about $\frac{1}{2}$ inch thick and either bake into a brown in a quick oven very quickly or fry them. The latter method is the best.

Scalloped Potatoes.

Pare, slice and put a layer of potatoes in the bottom of a pan. Then sprinkle with salt, pepper and flour, add a little piece of butter. Then add another layer of potatoes and another of the flour, etc., till the pan is $\frac{3}{4}$ full, then cover with milk and bake 40 minutes.

Rice, Boiled.

Boil $2\frac{1}{2}$ quarts salt water and put into it when boiling 1 cup rice. Let boil fast till the kernels be-

come well swollen. Drain, keep warm and shake frequently for 25 minutes. A double boiled is the best utensil that can be used.

Rice Balls.

Use cooked rice, add a little cream, butter and a little salt. Make into patties and fry as you would potato balls.

Sweet Potatoes.

Parboil, peel, cut into $\frac{1}{2}$ inch slices lengthwise and put the slices into the following syrup: One cup sugar to $\frac{1}{4}$ cup water and a teaspoon butter. Put the potatoes into the syrup and allow them to slowly cook till the syrup is nearly all boiled away and the potatoes are nearly dry.

Fried Sweet Potatoes.

(See Fried Potatoes.)

A Nice Way of Cooking Sweet Potatoes.

Boil sweet potatoes until soft, then slice and dip in beaten egg, and then in crackers rolled very fine. Fry in butter until brown, and pour a drawn butter over them.

Southern Way of Cooking Sweet Potatoes.

Take ordinary sized potatoes, boiled until nearly ready for use. Then slice into a baking dish, putting a very little salt on each layer. Take a piece of butter the size of a small hen's egg, melt and pour over with a scant tablespoonful of sugar sprinkled on top. Bake a half hour in not too hot an oven.

Spaghetti.

Use a tomato sauce and prepare otherwise like macaroni.

Succotash.

One can corn or the kernels from 10 ears, mix with 1 quart lima beans and boil till tender. Drain, melt 2 tablespoons butter and pour on the beans and corn. Season with salt and pepper to suit taste. Let it simmer 10 minutes and then pour in 1 cup milk. Serve hot.

• Tomatoes.

To peel—plunge the tomatoes into boiling water and allow them to stay there while you count 4, then take them out and the skins will come off very easily.

Stewed Tomatoes—Cut in slices, season and boil slowly for 25 minutes.

Stuffed Tomatoes.

Cut off a slice from the top, scoop out the soft insides, mix with an equal bulk of boiled rice. Season with pepper, salt, butter and a speck of sugar. Fill each tomato shell with the mixture, replace the tops and bake in a quick oven till soft or about $\frac{1}{2}$ hour. The stuffing may be varied, using macaroni and bits of green peppers, etc.

Scalloped Tomatoes.

Put in a dish in alternate layers, buttered bread or cracker crumbs with sliced tomatoes sprinkled with pepper, etc., as in scalloped potato recipe. Bake 1 hour.

Spinach.

Put the spinach, after it is well picked and washed, into boiling water with a little salt, and boil uncovered for 5 minutes; then drain in a colander, pour over it some boiling water, press out water, and cut with a knife (not chop fine). For 1 peck spinach have ready scant pint of good strong beef broth, into which put crumbs of 2 soda crackers, 1 small onion, some butter, and when it boils add spinach. Season with pepper and salt, and let it simmer half an hour.

Wash well to clean from insects. It is best to use 3 separate waters. Put the spinach on the fire in a kettle without water. Let it heat, then add the water, after the juice is drawn, and cook till it is tender. Drain. To $\frac{1}{2}$ peck spinach add 1 ounce of butter and a half.

Tomatoes and Rice.

Put into a sauce pan, butter the size of an egg, and when it bubbles sprinkle in a dessertspoonful of flour. Stir in one quart, or a little less, of stewed tomatoes, and when quite hot, add a cupful of fresh boiled rice and a half teaspoonful of soda. A little sugar to the tomatoes when cooking is an improvement.

Turnips.

Cut in slices $\frac{1}{2}$ inch thick, boil till they are tender, mash and serve with roast pork or mutton. Season to taste with salt and pepper.

Oyster Plant.

Cut the plant into lengths, roll in a fritter batter. Fry. The plant is best as a substitute for oysters in soup. The difference can hardly be distinguished. The plant must be boiled before the milk is added, however.

Breads

Foreword

Use the very best flour, clean salt, fresh yeast and sweet butter or lard. Always pulverize the salt, cream tartar, soda or baking power before using. Sift the flour well. The flour should be kept in a dry place and should be the same temperature as the milk or water used for mixing when ready to do so. The dough should always feel cool to the hand, that is, it should not become higher than 70 degrees. It should also be kept at an even temperature, as sudden rises or falls of the same will be likely to be disastrous. Have a shelf out of the way of draughts to set the sponge in.

While the sponge is soft it requires hard beating. This is necessary. Do not allow it to become too warm. Do not try to mix until stiff while in the bowl but put

it on a well floured mixing board. Knead until the dough has a silky smoothness and does not stick to the board or table. It should be full of bubbles, the longer the kneading is carried on the finer the texture of the bread will be. The work should be done fast; if properly done the time required for the kneading will be about 20 minutes.

How to Knead Properly. Push the dough with the palm of the hand and curve the fingers to prevent its flattening too much. After every push turn the dough about one-quarter of the way round, and fold over. Do not make the dough too stiff, as the bread from that kind will not keep as well as that which is made from a softer dough. When kneaded put in tins—1 pound tins are the best—and set away to rise. Let the dough remain in the tins until it has become light, if it does not increase double in size in one hour set it where the temperature is higher. When it is thought that it has risen enough see that the oven is hot enough. To test the heat put a little flour on a paper and set in the oven for five minutes; if it browns well the heat is sufficient for the bread dough. When the loaves are baked increase the heat for about eight minutes and then decrease it slightly. Be sure and look at the bread about every ten minutes after it has commenced to bake. To prevent uneven baking the pans will need frequent turning around. It will take about forty minutes for the loaves to bake properly; then they will have shrunk somewhat, thus allowing the loaf to slip easily from the pan. When done the bread should have a nice even brown crust; it should not burn the hand when handled, as that is a sign that there is still too much moisture which is escaping in the form of steam. A good plan by which to test the bread in determining whether or not it is done, is to hold the loaf to the ear; if a crackling noise is heard the bread is not done. When done set where it will cool quickly and grease the top of the loaf with butter to soften the crust and to prevent its drying.

Bread pans should be well greased before putting in the dough.

Rolls should have the greatest heat in the beginning.

Do not throw away old bread bits. That is very poor economy, because stale bread can always be worked over into something else.

Bread with a Water Base—Use Above Helps

One quart sifted flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar, 1 tablespoon of lard or butter, $\frac{1}{2}$ ounce compressed yeast dissolved in $\frac{1}{2}$ cup tepid water, 1 pint warm water. Measure the flour, salt, and pour sugar into a mixing bowl and pour in enough hot water to dissolve it, onto the shortening, and then add enough cold water to make it 1 pint in all and to make the temperature about 70 degrees. Mix in the dissolved yeast and make a batter with the flour. Beat well.

Add flour until the dough is stiff enough to handle on the molding board and then knead. Be careful that you do not use more flour than is absolutely required to keep it from sticking. Cover, when sufficiently kneaded, and allow it to rise until it has doubled its bulk. When ready, cut in loaves, put in pans and again allow it to rise double in bulk. Bake as directed in foreword. Biscuits may be made from same dough.

Bread.

Take 4 quarts of sifted flour and one cake of yeast; a pinch of salt; and wet with warm milk and water stiff enough to knead. Work it on the board until it requires no more flour. If made at night, the bread will be light enough to work over and put in pans early in the morning. This quantity will make two large loaves.

One-third of the lump may be taken for rolls, which can be made by working in butter the size of an egg, and setting it aside to rise again; when light the second time, make out in oblong shapes, cover them with a cloth, and let them rise again.

As soon as they break apart, bake them in a quick oven. They will not fail to be nice if they are baked as soon as they seam. This is the great secret of white, flaky rolls.

Two or three potatoes will improve the bread.

Good housekeepers always have the flour sifted in readiness for use, and never use it in any other way.

Aunt Mary's Graham Bread.

Take 2 teacups of the batter after it is raised for the wheat bread, thinning it with a little warm water, and 2 tablespoonfuls of molasses, for one loaf. Stir in the Graham flour until quite stiff; let it rise again, then stir, adding a little more flour if necessary, and put in tins ready for baking; let it rise again, and bake slowly.

Gluten Bread.

Gluten flour, 1 cup, 1 cup best bran previously scalded, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 cup milk or water. Mix and stir thoroughly. Bake.

Bran Bread.

Boil 1 quart wheat bran in two successive waters, wash in a sieve with hot water until water comes through clear. Squeeze in a cloth after each washing. Spread thinly on a dish and dry in a slow oven. Grind in a fine mill and sift through by a fine sieve. Grind the residue again and sift. Take of this 3 ounces, 3 fresh eggs, 2 ounces butter, $\frac{1}{2}$ pint milk. Mix the eggs with a little of the milk, warm the butter with the balance. Stir all together, flavor with ginger. Bake in thin cakes in a quick oven for $\frac{1}{2}$ hour.

Graham Bread.

One pint milk, 1 teaspoon salt, 2 tablespoons brown sugar, 1 pint Graham flour, 1 pint white flour,

$\frac{1}{2}$ ounce yeast. Scald and cool the milk, add the sugar and crumbled yeast. When it floats and is frothy make a batter with the flour, and meal, beating rather hard. Let it rise till spongy, add the salt, and more meal until it is as stiff as can be worked with a knife, put $1\frac{1}{2}$ pounds in a pan, smooth, cover and allow to rise again. It should then be set in a quick oven for 10 minutes before reducing the heat. This is also good dough for muffins.

No. 2. One teacup of wheat flour, $\frac{1}{2}$ teacup molasses, $\frac{1}{2}$ cup yeast, 1 teaspoon salt, 1 pint warm water. Add sufficient Graham flour to make the dough as stiff as can be stirred with a strong spoon. This is to be mixed at night. In the morning add 1 teaspoon soda dissolved in a little water, mix well and pour into 2 medium sized pans and they will be about $\frac{1}{2}$ full. Let stand in a warm place until it rises to the top of the pan, bake in a hot oven, covered, the first 20 minutes.

Nut Bread.

Four cups flour, $\frac{1}{2}$ cup sugar, 2 cups milk, level teaspoon salt, 8 level teaspoons baking powder, 1 large tablespoon lard, 3 eggs, 1 cup nut meats. Allow to rise 20 minutes. Bake 45 minutes.

Aunt May's Bread.

Two cups pastry flour, $\frac{1}{4}$ teaspoon salt, 3 tablespoons granulated sugar, $\frac{1}{2}$ level teaspoon soda, $1\frac{1}{2}$ level teaspoon cream of tartar, 1 egg, $\frac{1}{2}$ cupful of milk, 3 tablespoons melted butter. Sift together and dry the ingredients. Add milk to the beaten eggs and stir into the dry ingredients. Stir in the butter, turn into a buttered shallow pan and let bake about 20 minutes.

Brown Bread.

Two coffee cups Graham flour, 2 coffee cups corn meal, 1 cup molasses, 1 cup sour milk, $2\frac{1}{2}$ cups sweet milk, 1 tablespoon salt, 1 teaspoon soda. Steam 3 hours and bake until a rich brown.

No. 2. Two cups sour milk, 2 cups Graham, 1 cup white flour, $1\frac{1}{2}$ cup corn meal, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 1 teaspoon salt. Steam $1\frac{1}{2}$ hours and bake $\frac{1}{2}$ hour.

No. 3. One cup corn meal, 2 cups Graham flour, one cup sweet milk, 2 cups sour milk, $1\frac{1}{2}$ cup molasses with a little salt, 1 heaping teaspoon soda. Steam three hours; bake the same 20 minutes.

Brown Bread.

Two cups of bread dough after rising; $\frac{1}{2}$ cup of molasses, 2 tablespoons of brown sugar, $\frac{1}{2}$ teaspoonful of soda dissolved in hot water. Stir soft with Graham flour, and let it rise once.

Steamed Boston Brown Bread.

Two cups of corn meal, 1 cup of Graham flour, 3 cups of sour milk, one-third cup of molasses, teaspoon-

ful of soda, dissolved in the molasses, a little salt. Steam four hours or longer.

Rolls or Biscuit.

One pint of scalded milk cooled, $\frac{1}{2}$ cup yeast, 1 tablespoon sugar, a little salt and butter the size of an egg. Rub the butter in 1 quart of flour, add other ingredients, mixing well. Let stand in moderate heat till light, then flour till it can be kneaded on a board. Mix and knead $\frac{1}{2}$ hour. Rise again and roll out to thickness of $\frac{1}{2}$ inch each. Cut in biscuits and rub a little butter on the upper side of each. Fold the other half over and pinch. Put in pans, let them become light, and bake 20 minutes in a hot oven. These rolls set in the morning will be ready for tea. One measure means 50 rolls.

Beat, or Virginia Biscuit.

Two quarts of flour, 2 tablespoonfuls of lard, 1 teaspoonful of salt. Mix with water and a little milk. Beat, or work until the dough blisters. Cut out, and stick with a fork. Good for luncheon; best hot for breakfast.

Cinnamon Rolls.

One cup scalded milk, one-third cup butter, one-third cup sugar, 1 yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup raisins seeded and quartered, 1 teaspoon lemon extract, flour; add $\frac{1}{2}$ sugar and salt to the milk; when lukewarm add dissolved yeast cake and $\frac{1}{2}$ cup flour, cover and let rise until light; add butter, remaining sugar, raisins, lemon and flour to make a stiff batter; let rise; roll out and cover with sugar, cinnamon and melted butter. Roll, slice off in desired size; allow to rise again and bake.

Muffins.

Two eggs, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder, 1 tablespoon sugar, butter the size of an egg and a little salt.

One-half cup of sugar, $\frac{1}{2}$ cup of milk, 2 eggs, 2 tablespoonfuls butter, 2 heaping teaspoonfuls of baking powder. Flour enough to make like cake.

English Muffins.

One pint of warm water, dissolve $\frac{1}{2}$ cake of compressed yeast, 1 pint of milk, no salt, the beaten whites of 4 eggs, flour enough to make a stiff batter. Set it to rise over night, and bake in rings on buttered griddle. Toast cold ones next morning.

Graham Muffins.

One pint of Graham flour, 1 pint of wheat flour, 2 eggs, beaten light, 1 tablespoonful of melted butter; 1 teaspoonful of sugar, a pinch of salt, 2 teaspoonfuls of baking powder, milk enough to make a thick batter.

Johnny Cake.

Three tablespoons sour milk, 1 teacup buttermilk, 1 egg, $\frac{1}{4}$ cup molasses, 1 cup flour, 1 cup corn meal, 1 teaspoon salt, 1 teaspoon soda.

Graham Gems.

One coffee cup sour milk, 1 even teaspoon soda, 1 tablespoon melted lard, 1 tablespoon sugar, 1 egg, 1 teaspoon salt, Graham flour enough to make a stiff batter. Drop with a spoon on a dripping pan.

Pop Overs.

Mix the yolks of two eggs, well beaten, with one small teaspoon of melted butter, pinch of salt, 1 cup flour, 2 cups milk. Then about half beat the whites of the eggs, and put in last. Only stir as little as possible, just enough to mix altogether. Put in pans. Bake 15 minutes.

Maryland Spoon Corn Bread.

Put 1 quart of milk on the fire, and when it comes to a boil stir in 4 large kitchen spoonfuls of white corn meal. Let it cook until very thick, stirring constantly. Put it aside to cool, then add 3 eggs which have been beaten, with 2 tablespoonfuls of flour and a big pinch of salt. Beat in 1 tablespoonful of butter while the corn is hot. Bake in a buttered dish for thirty-five minutes, and serve immediately. A delicious breakfast bread.

Baking Powder Biscuits and Short Cakes.

One quart flour, 4 level teaspoons baking powder, 1 teaspoon salt mixed and sifted together 5 times, $2\frac{1}{4}$ tablespoons butter, 1 pint of milk, or enough to make a stiff dough. Flake the butter by rubbing between the fingers, add the milk very gradually, mixing till the whole becomes a spongy mass. Spread out on a board to about $1\frac{1}{4}$ inch thick, cut and bake in a quick oven.

Short Cake.

Part 1. Two cups flour, $\frac{1}{2}$ teaspoonful salt, 2 teaspoons baking powder; sift together well; rub in $\frac{1}{4}$ cup butter. Part 2. One egg, beaten and mixed with a $\frac{3}{4}$ cup milk. Bake in a quick, hot oven. After it has cooled a little divide in halves; pull apart, butter and add the fruit.

Dumplings.

Use the first part of the short cake recipe and drop the dough into the boiling stew. Cover the stew tight for ten minutes without opening. The dumplings should be done in that time. Stewed fruit may be used as well as meat for the pot pie.

Apple Dumplings.

Make the first part of the short cake recipe, lay it over the apple that has been pared, cored and sliced and set to cook in $\frac{1}{2}$ cup of water while the crust was being made. Cut holes to allow the steam to escape, cover and allow to cook on top of stove for 40 minutes, then remove the cover from the dish and allow the crust to brown in a quick, hot oven. Turn bottom side up on a plate to serve.

Pan Cakes and Waffles.

Foreword—There are 3 ways in which to bake the cakes; first, use a soap stone and when hot and before each baking use a potato cut in half to rub the stone with to prevent the cakes sticking; second, use an iron griddle without greasing. To prevent sticking add a teaspoon butter to the batter; third, use the iron griddle and grease well before each batch to prevent sticking. The last method, although not as clean as the others, is perhaps the most successful.

Pan Cakes.

One pint flour and a teaspoon baking powder to make a batter. Add $1\frac{1}{2}$ to 2 cups milk, 2 eggs beaten, 2 tablespoons melted butter, salt. Mix well, add to the batter and bake.

No. 2. Two cups sour milk, 1 level teaspoon soda, pinch of salt and enough flour to make a batter that will run smooth from the spoon. One well beaten egg may also be added. Bake.

Rice Cakes.

Use the above batter and stir in 2 cups well boiled rice.

No. 2. Two cups well boiled hot rice, 1 cup sour milk, 1 cup flour with 1 level teaspoon soda stirred in, 1 beaten egg. Bake.

Buckwheat Cakes.

One-half cup corn meal, $\frac{1}{2}$ teaspoon salt, mixed with 2 cups boiling water. While stirring well add $\frac{1}{2}$ cup white flour and $1\frac{1}{2}$ cups buckwheat flour, or if the buckwheat flour is of a very light color omit the white flour and add 2 cups buckwheat flour and 1 cake yeast. Allow this batter to stand over night. A 5-gallon crock is the best receptacle, and this should be placed in a larger pan which will serve to catch any of the batter which may rise to the top and run over the side. In the morning pour off the batter that will be required for that morning's cakes and add $\frac{1}{2}$ cup milk and 1 saltspoon soda dissolved in it, a little more flour to thicken if it seems too thin. Always save some of the original batter for a sponge to set the next night's cakes by, thus saving making a new sponge each night. Bake on a hot and well greased griddle. They should be baked thin to be best. Repeat the above, using the amount saved for as often as wished, although when the cakes become sour a new sponge had better be made.

Waffles.

Use the dough made for pan cakes with additional butter in the proportion of 2 ounces butter to every 2 cups, or a pint of flour. Bake in well greased waffle irons.

Tapioca Breakfast Cakes.

A teacup of tapioca soaked over night in a quart of water. In the morning, before mixing, cook gently

a few moments until all lumps are dissolved. Add a cup of milk, 2 well beaten eggs, a saltspoonful of salt, and 1 scant teaspoonful of baking powder, sifted into a coffee cupful of flour, added just before frying on the griddle.

Salads

Salad Dressing.

No. 1. Two raw eggs, 1 tablespoonful of butter, 8 teaspoonfuls of vinegar, $\frac{1}{2}$ teaspoonful of mustard. Place in a bowl over boiling water, stir until it becomes like cream and pepper and salt to taste.

No. 2 (Cream Salad Dressing). Six eggs beaten very light, $\frac{1}{2}$ teacupful of melted butter, 1 large coffee cupful of cream, 1 teaspoonful of salt and pepper each, 1 mustard spoonful of mustard, 1 tablespoonful of sugar mixed with mustard, 1 teacupful of vinegar. When well mixed float on hot water and stir until it thickens.

Mayonnaise Dressing.

Yolk of 2 eggs, finest olive oil, vinegar, lemon juice, salt. Put the yolk of the eggs in a round bottom dish, then put in a teaspoonful of salt and commence to stir with a wooden fork, dropping slowly on to this oil; continue to stir and drop oil until it has become thick. Then add the vinegar and lemon juice, drop by drop, continuing to stir until it is thoroughly mixed and has come to the proper consistency.

No. 2. One-half cup highly season veal jelly whipped to a stiff froth. Add slowly $\frac{1}{2}$ pint oil, 6 tablespoons tarragan vinegar, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoonful white pepper, $\frac{1}{2}$ saltspoon of sugar, dust of cayenne. Set it into a bowl of ice water and beat till stiff enough to keep its form when dropped from a spoon.

French Dressing.

Put into a tablespoon 1 saltspoon salt, $\frac{1}{2}$ pepperspoon pepper and fill with oil; mix well together and pour over salad; add 2 tablespoonfuls more of oil and toss the salad well, lastly add 1 tablespoonful of vinegar. This is sufficient for 6 persons if used on green salad; for cooked vegetables use twice or three times the measure.

Chicken Salad.

Take the skin and bones from two cold boiled chickens, cut the meat in regular, oblong shaped pieces, and put in an earthen vessel. Cut one dozen celery, after being thoroughly cleaned, in like size pieces, and mix with the cut chicken. Rub the yolks of six hard boiled eggs very fine, season with $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{4}$ teaspoonful of pepper, 1 teaspoonful of dry mustard; stir in the yolks of 4 raw eggs. Have $\frac{1}{2}$ pint of white vinegar boiling, put in this vinegar $\frac{1}{2}$ pound good butter. When melted stir in the prepared eggs, and then set this mixture aside to cool. If too stiff when cold, add enough sweet cream

to make it right. Mix then with the chicken and celery, and keep cool, ready for use.

Mayonnaise Dressing for Chicken Salad.

Yolks of 2 eggs, stir, not beat, them with a fork. Stir $\frac{1}{4}$ teaspoonful of salt, the same amount of mustard and a dash of red pepper with eggs. Then add $\frac{1}{2}$ cup of olive oil drop by drop, when getting stiff add 2 teaspoons of vinegar, one at a time. Then drop in another $\frac{1}{2}$ cup of oil. When that is thoroughly stirred in add a little lemon juice. Just before serving, thin the dressing with whipped cream and pour over the chicken and celery. This is sufficient for a 4 pound chicken. Have everything cold when making the dressing.

No. 2. To $\frac{1}{2}$ cupful of shelled blanched walnuts cut in small pieces, add $\frac{1}{2}$ cupful of white meat of cold chicken cut in small cubes and 1 cupful of celery, strings removed, and cut across so as to give the crescent shape. Mix well, mayonnaise. Serve on lettuce leaves with a small piece of lemon on each plate. If 1 quart of salad is required double the quantities. Left-over peas may be added.

No. 3. For 1 quart mix 1 cupful of cold cooked chicken cut in cubes, 1 cucumber pared and cut into cubes, 1 cupful of chopped English walnut kernels, chopped fine, and 1 cupful of French pease. Moisten with French dressing, arrange on lettuce and garnish with stiff mayonnaise. Dust the ingredients with salt before combing with dressing.

Fruit Salad.

White grapes carefully skinned, sliced bananas and oranges cut in small pieces. Add kernels of English walnuts and mix altogether with mayonnaise dressing. Serve on lettuce leaves.

No. 2. One cupful Malaga grapes, 3 bananas, 3 oranges, 1 cupful of English walnut meats, 1 bunch of celery, 1 head of lettuce; mayonnaise dressing. Slice off the skin of the orange, then cut in slices lengthwise. Cut the celery into inch lengths and then in 3 strips. Skin the grapes, cut in halves and remove the seeds. Mix the celery, fruit and nuts together; mix with mayonnaise and set in ice chest until required. Serve in individual serving cups lined with lettuce leaves.

No. 3. One cupful each of celery, apple and pineapple cut small; $\frac{1}{4}$ cupful of ground almonds; the meat part only of 2 tomatoes cut in cubes; drain before mixing with other ingredients; $\frac{1}{2}$ tablespoon finely shredded green pepper. When thoroughly mixed serve on lettuce leaves with mayonnaise or French dressing.

No. 4. Half pound of almonds, blanched and grated, 4 oranges, pared and sliced; 1 can of grated pineapple, 3 bananas, peaches or pears; French cherries, strawberries or other fruit in like proportion. Alter-

nate the layers of fruit with powdered sugar, and reserve the almonds for the top layer, to be garnished with strawberries or other small bright fruits. Then add the following dressing: $\frac{1}{2}$ cup lemon juice, 2 tablespoons of Sherry and 2 tablespoons of liquor, preferably Maraschino. (A dash of whipped cream adds to the appearance.)

No. 5. Take the heart leaves of lettuce and heap a few strawberries in each. Dust them lightly with powdered sugar; lay a teaspoonful of mayonnaise on each portion and serve cut lemons with them.

Winter Salad.

One cup cold boiled potatoes cut into thin slices, $1\frac{1}{2}$ cups of cold boiled beets sliced (or chopped), 1 large sour apple chopped, the juice of 2 onions; stir altogether with $\frac{1}{2}$ cup of capers. Season well with salt and pepper, and let stand to get cold in ice box. Just before serving pour over it a mayonnaise as follows: Two eggs, 1 tablespoon butter, 4 tablespoons vinegar, $\frac{1}{2}$ teaspoon mustard. Put in a bowl in boiling water; stir until like cream.

Cauliflower Salad.

Separate the sprigs of cold boiled cauliflower, put into the salad dish a head of lettuce and cover it with mayonnaise. Arrange the cauliflower sprigs around the dish with the heads outward and serve.

Cabbage Salad.

A small head of cabbage (do not chop), one-third of this amount of celery; mix with mayonnaise dressing.

Chopped Cabbage.

Select a fine white cabbage, shred very fine with a sharp knife. Heap in a dish, pour over it a dressing made by stirring together 1 tablespoon salad oil or melted butter, a little salt and pepper, $\frac{1}{2}$ teacup good vinegar. Mix well through the cabbage when ready to serve, or use boiled dressing.

Bean Salad.

One cup of beans soaked over night; in the morning pour off the water. Put enough fresh water on them so that they will boil until thoroughly done. When cool, add an onion, size of an English walnut, chopped very fine, moisten with mayonnaise, season highly with salt, pepper, cayenne and mustard.

Salad in Aspic.

One large cucumber cubed, juice of 1 lemon, 1 cup of canned pineapple cubed, level teaspoon onion juice, level teaspoon salt, 1 dash paprica, use gelatin according to recipe on package, using pineapple juice and allowing for the same in the amount of water used. The whole water and juice should be a little less on account of the fruit juice. Put in molds and set on ice over night. When ready to serve put on whipped cream and dressing to taste.

Cucumber-Tomato Salad.

Peel as many small ripe tomatoes as there are to be covers. Remove the hearts and set on ice to become cold. Pare cucumbers quite close to the seeds and chop them coarsely. Pour over them a French dressing or mayonnaise and fill them lightly into the tomato covers. Serve each on a crisp lettuce leaf.

Waldorf Salad.

Mix equal quantities of apple cut in cubes and celery, add $\frac{1}{4}$ as much nut meats; mix with mayonnaise dressing and serve on lettuce leaves.

Potato Salad.

One quart cold boiled potatoes cut in cubes, $\frac{1}{2}$ tablespoon chopped onion, 1 tablespoon chopped parsley, $\frac{1}{4}$ cup French dressing. Mix potatoes, onions, parsley and French dressing, and let it stand in a cold place for one hour. Mix with a boiled or a mayonnaise dressing and serve on lettuce leaves.

Potato Salad.

Prepare dressing as follows, and have cold ready for use: Yolks of 3 eggs, 1 tablespoonful of sugar, 1 tablespoonful of flour, 1 cupful of vinegar, $\frac{1}{2}$ cupful of water, butter size of an egg, scant teaspoonful of salt, small spoonful of mustard, a little pepper. Slice cold boiled potatoes very thin, put a layer in the salad dish. Scatter over this a pinch of chopped parsley, a trifle of grated onion, and a few pieces of beet cut in dice shape. Over this put a little of the dressing, and repeat until the dish is full. Garnish with sprigs of parsley, and bits of beet. A teaspoonful of grated onion, 1 beet and a tablespoonful of chopped parsley are enough for an ordinary sized dish.

Potato Salad.

For each quart of cold baked or boiled potatoes allow 1 cucumber, 1 cup of diced celery and 1 measure of boiled dressing. In mixing do not stir, but lift carefully and turn over.

German Fried Potatoe Salad.

Choose small potatoes; cook and well drain, peel and set aside to cool while making following dressing: Cut $\frac{1}{4}$ pound fat bacon very fine, put into a frying pan over a slow fire; shred an onion into a large bowl, add a small tablespoon of salt, 1 cup of vinegar and not water (half and half). When the fat is a light brown color and the particles well crisped add 2 tablespoonsful of salad oil and pour it slowly into the vinegar and onion. Slice the potatoes as thin as possible, stirring often; if the salad is too dry add a little hot water from time to time. It should have a glossy look without being lumpy or greasy.

Hungarian Potato Salad.

Take small potatoes, boil and peel while warm. Slice very thin. To every pint of potatoes mince 1 small onion, 1 pickled beet, 1 fresh cucumber sliced,

a Dutch herring, 4 sardines and a spoonful of minced cold boiled ham. Mix all together and pour over a teacup of vinegar. Garnish with walnut pickles.

Water Cress Salad.

A plain salad dressing with small herbs, such as chives, borage and chervil, added to the cress makes it a delightful change for jaded appetites.

Lobster Salad.

Take the lobster out of the shell, wash in cold water and put in vinegar for about 5 minutes, strain and cut in regular sized pieces, cut a few pickles the same size pieces as the lobster, and a few hard boiled eggs cut the same way, so it will be one-third lobster, one-third pickles and one-third eggs. Mix with a dressing as for chicken salad and keep cold.—Kinsley.

Cakes.

Marshmallow Cake.

18 eggs (whites only).

2½ cups powdered sugar.

1½ cups flour.

2 teaspoons cream tartar.

1 teaspoon vanilla.

One-third of this recipe may be used.

Beat the eggs very light and then cut the sugar in with a broad bladed knife. Put the cream of tartar in the flour and sift 3 times and mix well; then cut it into the egg and sugar. Beat and add the vanilla. Bake in three cakes in deep, ungreased layer pans, putting brown paper in bottom. Bake in quick oven. Then spread in between layers and on top a filling made as follows: Boil 2 cups of sugar with 1 cup of water until it ropes. Just before taking it off put in ½ pound marshmallow broken into bits to melt rapidly. Pour this mixture into the whites of 2 well beaten eggs and beat constantly until cold.

Molasses Cake.

One egg, 1 cup molasses, ½ cup brown sugar, ½ cup shortening. Stir together and then add 1 cup of boiling coffee, 1 teaspoon salaratus, 3 cups of flour, 1 teaspoon ground cloves, 1 teaspoon cinnamon, 1 teaspoon lemon extract, 1 cup chopped raisins. Ginger may be used in place of extract if desired.

White Cake.

Whites of 4 eggs, ½ cup butter, 1½ cups sugar, two-thirds cup milk, 3 teaspoons baking powder, 2½ cups flour. Flavor to suit taste.

Sponge Cake.

Three eggs and 2 cups of sugar stirred together smooth; stir 3 cups flour. In the last 2 cups of flour have 2 teaspoons cream of tartar. Last of all, stir 1 cup of sweet milk in which dissolve 1 teaspoon of soda and a pinch of salt.

Ribbon Cake.

White part—Whites of 4 eggs, 1 cup of sugar, $\frac{1}{2}$ cup butter, two-third cup sweet milk, $1\frac{1}{2}$ cups of flour, 2 teaspoons baking powder.

Dark part—One cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sweet milk, yolk of 4 eggs, $\frac{1}{2}$ teaspoon in the molasses, 1 tablespoon cinnamon, $\frac{1}{2}$ teaspoon each of cloves, allspice and nutmeg, 2 cups raisins and currents, $2\frac{1}{2}$ cups sifted flour. Make in layers and put together with any boiled frosting.

Belmont Cake.

One cup sugar, 1 tablespoon butter, 2 eggs, $1\frac{1}{2}$ cups milk, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder. Cream, sugar and butter; then add eggs well beaten; put milk in, then flour and baking powder sifted together. Bake in 2 layers. Chocolate filling—One-half cup grated chocolate, 1 cup sugar, $\frac{1}{2}$ cup milk. Flavor with vanilla. Boil 5 minutes, stirring constantly, and then beat until thick enough to spread on cake.

Rolled Jelly Cake.

Three eggs beaten light, 1 cup sugar added gradually, $\frac{1}{2}$ tablespoon sweet milk, stir together 1 cup flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder. Stir well into the mixture and add 1 tablespoon melted butter, and turn batter into a dripping pan. Bake in a moderate oven 12 minutes, then spread with jelly and roll while warm.

No. 2. Four cups flour, 1 teaspoon of baking powder, two-thirds teacup butter, 2 cups sugar, 1 cup milk, 3 eggs, a little salt. Flavor to taste. Put $\frac{1}{2}$ of mixture in oblong tins and add to the remainder 1 cup raisins, stoned and chopped; 3 tablespoons molasses, 1 teaspoon cinnamon, 1 tablespoon flour, $\frac{1}{2}$ pound citron sliced fine, $\frac{1}{2}$ teaspoon cloves and allspice; add a little grated nutmeg. Put this mixture in two tins in size and shape of the former; put the white or brown together alternately with jelly or jam between, or it will make a pretty marble loaf baked in one pan without the fruit. Pour in light and dark in alternate layers.

Delicate Cake.

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, whites of 4 eggs, 1 cup flour, 2 teaspoons baking powder. Flavor to suit.

Hickory Nut Cake.

One-half cup sugar, $\frac{1}{2}$ cup butter, 2 cups flour, 1 cup chopped nuts, $\frac{3}{4}$ cup sweet milk, whites of 4 eggs, 2 tablespoons baking powder. Flavor with lemon.

Fruit Cake.

Three teacups flour sifted with 3 teaspoons of baking powder, 1 teacup brown sugar and molasses, $\frac{1}{2}$ teacup butter, $\frac{1}{2}$ teaspoon of allspice, cinnamon, nutmeg, 3 eggs, $\frac{1}{2}$ pound of stoned raisins, currants,

citron, and figs cut fine, with 1 teacup nut meats. Mix fruits and spices the day before making cake. Bake in slow oven.

No. 2. Two cups sugar, 1 cup molasses, $1\frac{1}{2}$ cups butter, 1 cup coffee, 4 eggs, 2 pounds raisins, 1 pound currants, citron, spiced to taste; 1 teaspoon of soda dissolved in the coffee and $3\frac{1}{2}$ cups flour.

No. 3. One and one-half cups brown sugar, 1 cup butter, $2\frac{1}{2}$ cups currants chopped, $2\frac{1}{2}$ cups seeded raisins, $1\frac{1}{2}$ cups citron, $1\frac{1}{2}$ teaspoons baking powder, 2 teaspoons cloves, cinnamon and nutmeg, 1 pint currant jelly, $\frac{1}{2}$ pint strong coffee, 6 eggs and flour.

No. 4. Two cups dried apples soaked over night, in the morning chop fine and boil 1 hour with 1 cup molasses; then add 1 cup sugar, 1 cup sweet milk, 1 cup butter, 1 bowl raisins or more if desired rich, currants, etc., 4 cups flour, 1 heaping teaspoon soda, 1 teaspoon of cinnamon, mace, nutmeg, cloves, ginger and allspice.

Coffee Cake.

One cup sugar, 2 eggs, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup cold coffee, 1 teaspoon soda, 2 tablespoons butter, 1 teaspoon cinnamon and cloves, 1 cup dried currants, 2 cups of flour. Bake in pattie pans.

Devil's Food Cake.

Part 1. One cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup milk (sweet or sour), $2\frac{1}{2}$ cups flour, yolks of 3 eggs, 2 teaspoons of baking powder. Part 2. One cup grated chocolate, then another cup brown sugar, $\frac{1}{2}$ cup sweet milk. Put the second part on stove. Do not boil. When cool stir in part 1 and bake in 3 layers. Icing—One and one-half cups granulated sugar. Pour on a little water, boil until stringy, then pour over whites of 3 well beaten eggs and whip for 10 minutes. Flavor with vanilla.

No. 2. Part 1. One cup brown sugar, 1 cup chocolate, 1 cup sweet milk. Cook. Part 2. One cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 2 eggs, 1 teaspoon soda, 2 cups flour, scant 2 teaspoons vanilla. Put all together and bake in layers.

No. 3. One-half cup butter, creamed; add gradually $1\frac{1}{2}$ cups sugar and beat well, 6 yolks of 3 beaten eggs, 1 teaspoon vanilla. Add alternately $\frac{1}{2}$ cup milk and $1\frac{1}{2}$ cups flour, to which has been added 5 teaspoons cocoa and 2 teaspoons baking powder. Beat well and add the well beaten whites of eggs. Icing, boil $\frac{3}{4}$ cup sugar and one-third cup boiling water till it threads, then add slowly to the beaten whites of 1 egg and 1 cup nut meats.

Soft Ginger Cake.

One cup molasses, $\frac{1}{2}$ cup boiling water, 3 tablespoons melted butter, 1 teaspoon soda, 2 cups flour. Salt and spice to taste.

No. 2. One cup molasses, $\frac{1}{2}$ cup sugar, 1 egg, 5

tablespoons shortening, 1 teaspoon soda, flour, ginger, cinnamon and salt.

Chocolate Loaf Cake.

Grate $\frac{1}{2}$ cake chocolate and mix with $\frac{1}{2}$ cup milk and yolk of 1 egg and put on back of stove to dissolve, when thoroughly warm set off to cool while preparing the following: Two eggs, the yolk of one having been used, 2 cups of sugar, 1 cup butter, 1 scant teaspoon soda, dissolved in a little water. Add chocolate mixture and enough flour to make a thin batter that will pour smooth. Bake carefully.

Pork Cake.

One pound fat salt pork chopped fine, pour over it 1 pint boiling water, then add 1 pound seeded raisins chopped, $\frac{1}{2}$ pound citron, 2 cups sugar, 1 cup molasses, 1 teaspoon soda rubbed fine and put in the molasses, 1 ounce of nutmeg, cloves and cinnamon. Bake very slowly.

Cloves Cake.

Two cups brown sugar, 1 cup shortening, 1 cup currants, 2 medium sized, 3 cups flour in 1 cup butter, milk, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon.

Marble Cake.

White part—One cup sugar, 2 tablespoons butter, 1 cup milk, 2 cups flour, 2 teaspoons baking powder.

Dark part—One cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup butter, 2 cups flour, 2 teaspoons baking powder, 1 nutmeg, 1 teaspoon allspice, $\frac{1}{2}$ teaspoon cloves, yolk of 4 eggs.

Angel Cake.

Whites of 9 large eggs, $1\frac{1}{2}$ cups sifted granulated sugar, 1 cup sifted flour, $\frac{1}{2}$ teaspoon cream of tartar, a pinch of salt added to egg before beating, after sifting flour 4 or 5 times measure, set aside 1 cup, then sift and measure $1\frac{1}{4}$ cups granulated sugar. Beat white of eggs about half. Add cream of tartar and beat till very stiff. Then stir in sugar, then flour, very lightly; put in pan in moderate oven at once. It will bake in 30 to 35 minutes.

Pound Cake.

Wash and dry $\frac{1}{2}$ pound butter. Beat it with the hand till creamy; then add $\frac{1}{2}$ pound of sugar, beat till it is like the lightest and whitest hard sauce; then add 1 egg. Beat till it is quite incorporated, then add another and beat again, etc., till 5 eggs are used. Take care that each egg is thoroughly incorporated before the next is added; this requires from 3 to 5 minutes' beating to the egg. Upon sufficient beating the success of the cake depends. When eggs, sugar and butter look like thick yellow cream add gradually a sherry glass of wine or brandy and $\frac{1}{2}$ wine glass of rosewater, mix well, then sift into the ingredients $\frac{1}{2}$ pound of the finest flour, well dried and slightly warm, to which $\frac{1}{2}$ a saltspoon of salt has

been added. Line a round cake pan with upright sides with buttered paper neatly fitted, and pour the batter into it. Sift powdered sugar over the surface. Bake 1 hour in a slow oven. It should have a cardboard cover laid on the top for the first hour, which may then be removed and the cake allowed to brown slowly. In turning be very careful not to shake or jar it.

No. 2. One pound sugar, 1 pound butter, 14 pounds flour, 10 eggs, 1 lemon rind, grated, and $\frac{1}{2}$ the juice if large, soda the size of a pea dissolved in 1 tablespoon of cold water. Beat eggs separately and very thoroughly, adding whites last and folding them in. Citron and other fruit may be added, thus making yellow fruit cake.

No. 3. One pound flour, 1 pound sugar, $\frac{3}{4}$ pound butter, whites of 16 eggs. Flavor to taste. (One-half of this recipe may be used.)

Spice Cake.

One cup sugar, $\frac{2}{3}$ cup sour milk, 1 egg, butter the size of egg, small teaspoon of soda, $\frac{1}{2}$ teaspoon each of allspice, cloves and cinnamon, 1 cup flour.

No. 2. One cup sugar, 2 cups flour, 1 cup sour milk, 1 cup raisins, 1 tablespoon butter, 1 small teaspoon soda, spice of all kinds.

Sunshine Cake.

One cup sugar, $\frac{3}{4}$ cup pastry flour, sift separately 5 times and set aside, whites of 7 eggs and yolks of 4 eggs. Beat whites partly stiff and add 1 scant teaspoon cream of tartar, then beat till very stiff. Add sugar slowly, then fold in yolks and last the flour and 1 teaspoon vanilla. Do not stir more than necessary and bake in a moderate oven from 30 to 40 minutes.

Apple Sauce Cake.

One and one-half cups apple sauce, scant $\frac{1}{2}$ cup butter, 1 cup sugar, 2 cups flour, 1 cup raisins, 2 teaspoons soda, 1 teaspoon cinnamon, a little nutmeg and cloves. Bake in loaf with a slow fire. Nuts or citron may be added.

Orange Cake.

One and a half cups of sugar, $\frac{1}{2}$ cup of butter, whites of 4 eggs, 1 cup of milk, 2 cups of flour. Filling: 1 apple, stewed and sifted; 2 oranges, grated; yolks of 3 eggs, well beaten; sugar. Cook until the consistency of thick cream. Yolk of one egg for frosting.

Almond Cakes.

One cup of butter, 1 cup of sugar, 1 egg, 1 cup of flour, $\frac{1}{4}$ pound of grated almonds. Work with the hand and place in tart molds the thickness of pie crust. Bake in a slow oven.

Sponge Gingerbread.

Two and a quarter cups of molasses, $1\frac{1}{2}$ cups of sour milk, $\frac{3}{4}$ cup of melted butter, 3 eggs, 3 tea-

spoons soda, 3 teaspoons ginger, $5\frac{1}{2}$, or perhaps 6, cups of flour.

Molasses Cake for Lunch.

One cup molasses, 1 teaspoon soda, 1 cup boiling water, 1 tablespoon melted butter, flour enough to make a soft batter; $\frac{1}{2}$ teaspoon ginger. To be eaten warm. If used as a dessert, serve it with a lemon sauce.

White Mountain Cake.

Two cups butter, 4 cups sugar, 4 cups flour, 1 cup milk, 5 eggs. Bake in jelly pans and put icing between each layer. Three eggs will make icing enough for the quantity, 2 heaping teaspoons baking power. Flavor with bitter almonds.

Blueberry Cake.

Three pints sifted flour, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 pint sweet milk, 2 eggs, 1 pint blueberries, 1 teaspoon soda in the milk and 2 teaspoons cream of tartar in the flour. Rub the butter, sugar and eggs together, then add the milk with soda, then the flour with cream of tartar, and lastly, stir the blueberries in gently, and bake three-quarters of an hour in two long pans. Very nice.

Davis Cake.

One cup (or 5 ounces) butter, 2 cups, not quite full, sugar, 3 cups even full of flour, 1 cup, not quite full, sweet milk, 2 teaspoons baking powder, 5 eggs (whites only), 2 teaspoons vanilla.

Raisin Loaf.

Make at night or early in the morning a rising of a cup of warm milk, a cup of flour and a third of a small yeast cake. In the morning, or when very light, cream 1 large spoon butter, $\frac{1}{2}$ cup sugar and 1 egg together, and work into the rising with flour enough to make a soft dough; add a suspicion of cinnamon and a scrap of grated lemon peel. Let it rise four hours, or longer, if it is not completely honeycombed, then add a half cup of seeded and floured raisins; put into the pan and let it rise again about a half hour. Bake three-quarters of an hour in a moderate oven.

Frostings and Fillings.

Boiled Frosting.

One cup sugar, $\frac{1}{3}$ cup water, cook until it makes a thread when dropped from the spoon. Have a white of egg beaten stiff. When the sugar first comes to a boil take 2 tablespoons of it and put in the partly beaten egg. This will prevent frosting becoming hard. Add the hot sugar to the egg slowly and beat well till cool enough to set and put on the cake.

Chocolate Frosting.

Two ounces shaved chocolate, $1\frac{1}{2}$ teaspoons sugar. Melt together and add to the above boiled frosting. Flavor with vanilla.

Caramel.

One cup sugar, 2 teaspoons molasses, 4 tablespoons sweet milk, 1 small tablespoon butter, 1 teaspoon vanilla. Boil 5 minutes.

Raisin Filling.

One and one-half cups seeded raisins, chopped fine, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ cup milk; mix all together and boil thick.

Fig Filling.

One and one-half cups granulated sugar, boil with $\frac{1}{2}$ cup water until it threads from a spoon when dropped. Add 1 dozen figs ($\frac{1}{2}$ pound) cut up into bits. Cook till soft. Beat the whites of 4 eggs very stiff and slowly pour the syrup over it, beating all the while until thick enough to spread.

Orange Filling.

White of 1 egg beaten stiff. Add powdered sugar until the beaten whites are as stiff as required for frosting. Then grate in the rind of 1 small orange and add the juice of two.

Maple Frosting.

Take 5 tablespoons water to $\frac{1}{2}$ pound maple sugar, dissolve, and boil five minutes, turn into a deep plate and stir briskly until it begins to grow thick and look creamy, then put carefully over the cake. Care must be taken not to stir until too hard. If it should become rough it can be smoothed with a knife dipped in hot water.

Cream Frosting (Without Eggs).

One cup granulated sugar and 5 tablespoons milk. Let this be dissolved by stirring, then boil hard five minutes, pour into a deep pan plate and stir until it begins to thicken, when pour over the cake. Flavor to the taste. This makes creamy delicious frosting. It is very nice to have ready some chopped raisins and nuts, and stir into this, making a nut frosting. This will keep moist for a long time.

Cookies and Doughnuts.

White Cookies.

Two cups sugar, 2 eggs, $\frac{1}{2}$ cup butter, $\frac{2}{3}$ cup sour cream, fill with sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar and flour enough to mold out very soft.

No. 2. One cup butter or part lard, 2 cups sugar, 1 cup sour cream, 2 eggs, 1 teaspoon soda, flour and salt.

No. 3. One and one-half cups sugar, 1 cup thick sour cream, 1 cup butter, 2 eggs, a pinch of salt and a little nutmeg, 1 teaspoon soda dissolved in a little hot water, 1 teaspoon baking powder sifted in this flour. Sprinkle with sugar before baking.

Ginger Snaps.

Two cups butter, 3 cups sorghum or a very thick molasses, 2 heaping teaspoons soda, 1 teaspoon ginger,

2 teaspoons cinnamon, 1 teaspoon allspice, flour to make stiff and knead 20 minutes. Roll thin and bake in a quick oven.

No. 2. Three cups flour, 2 teaspoons soda, 1 cup sugar, 1 teaspoon ginger, 1 teaspoon salt and cinnamon. Put together in the sieve and sift 3 or 4 times, then rub 1 cup shortening, then add 2 cups molasses and a large cup sour milk and 2 teaspoons vinegar.

Ginger Cookies.

Two cups molasses, 1 cup white sugar, 1 cup sour milk, 1 cup lard, 1 teaspoon cinnamon and soda.

Peanut Cookies.

One cup chopped peanuts, 2 scant tablespoons butter, 1 egg, beaten, $\frac{1}{2}$ cup sugar, 2 tablespoons milk, 1 cup flour, 1 teaspoon baking powder and a pinch of salt. Drop on buttered tins and sprinkle with coconut.

Cookies.

One cup butter, 2 cups sugar, 1 cup sour milk, 1 teaspoon of soda. Use as little flour as possible to roll. Roll thin and bake quickly. The cookies should be tender, not brittle.

Hermits.

One and one-half cups sugar, 1 cup butter, 3 eggs, 1 teaspoon each of soda, cinnamon, cloves and nutmeg, 1 cup raisins chopped fine, 1 cup hickory nut, flour to the consistency of gems. Drop on buttered pans and bake.

No. 2. One and one-half cups light brown sugar, $\frac{2}{3}$ cup butter, 2 eggs, $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups currants, 1 teaspoon soda, $\frac{1}{2}$ teaspoon nutmeg. Drop from spoon.

Doughnuts.

Two-thirds cup sour cream, 1 cup sugar, $1\frac{1}{4}$ buttermilk, $1\frac{1}{4}$ teaspoon soda, pinch salt, 1 egg, $\frac{1}{2}$ nutmeg, 2 teaspoon baking powder. Mix soft, and roll out to about $\frac{1}{2}$ inch in thickness, cut in the usual shape with a cutter for that purpose and drop into the hot grease. The grease should be lard and very hot. Test its heat by first dropping a little of the dough in and seeing if it cooks it well. As soon as the doughnut rises from the bottom of the kettle after it has been put in, turn it over. Frequent turning insures uniform color and cooking.

No. 2. One cup sugar, 3 eggs, 3 teaspoons shortening, 1 cup sour milk, 1 teaspoon soda, 2 teaspoons baking powder in flour, 2 teaspoons lemon extract; mix soft and cook as above.

No. 3. One cup sugar, 1 cup sweet milk, 2 tablespoons melted butter, 2 eggs, salt and nutmeg to taste, flour to make soft dough.

Rocks.

One and one-half cups brown sugar, 1 cup butter, 3 eggs, 1 teaspoon cinnamon, pinch salt, 1 teaspoon

soda dissolved in warm water, $2\frac{1}{2}$ cups flour, $1\frac{1}{2}$ cups chopped raisins, 1 pound or more nuts. Drop on tin.

Lept Kuchen.

Two cups syrup, 1 cup butter, 1 teaspoon cinnamon, $\frac{1}{2}$ nutmeg, $\frac{1}{2}$ lemon rind, $\frac{1}{2}$ teaspoon cloves. Let this dissolve on the stove and after cool add 1 pound sugar, 3 eggs, $\frac{1}{2}$ pound peeled and finely cut almonds, 1 teaspoon soda, and stiffen with flour; $\frac{1}{2}$ pound citron; work it with your hands for 1 hour. roll out and cut into squares.

No. 2. Five eggs stirred with 1 pound powdered sugar, 5c cinnamon and some cloves, $\frac{1}{2}$ almonds, citron, a little ammonia, 1 pound flour. Roll out and cut.

Boston Cookies.

One cup butter, 1 cup sugar, 3 eggs, 1 teaspoon soda, $1\frac{1}{2}$ cups hot water, $3\frac{1}{4}$ cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cinnamon, 1 cup chopped nuts, English walnuts, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup raisins, $\frac{2}{3}$ cup citron and lemon peel, orange. Cream the butter, add sugar gradually and eggs well beaten. Then add soda dissolved in water, $\frac{1}{2}$ the flour in which the salt and cinnamon have been mixed, then the nut meat, fruit and remaining flour. Drop by spoonful an inch apart in the tin and bake in a moderate oven.

Oat Meal Cookies.

One cup sugar, 1 cup butter, 2 eggs, $\frac{1}{4}$ cup milk, $1\frac{1}{2}$ cups flour, 2 cups oatmeal, 1 cup raisins, 1 cup walnuts, 1 teaspoon cinnamon, $\frac{3}{4}$ teaspoon soda. Drop from a teaspoon on a buttered tin.

Date Sticks.

One cup walnut meats, broken, 1 cup finely cut dates, 1 cup powdered sugar, 3 tablespoons flour, 1 teaspoon baking powder, 1 teaspoon vanilla, 2 eggs beaten separately. Bake in a flat tin in a slow oven with paper under it.

Blitz Kuchen (Cookies).

One-half pound or 1 large coffee cup butter, $\frac{1}{2}$ pound or 1 scant coffee cup sugar, $\frac{1}{2}$ pound or $1\frac{1}{2}$ coffee cups flour, 4 eggs, grated rind of 1 lemon; some blanched almonds, cut in thin slices; ground cinnamon. Melt the butter, pour off from the settlings and stir to a cream, then add alternately a little sugar and an egg till all are used, add flavoring and flour, spread very thin in square tins, strew on some sugar, cinnamon and almonds, bake in a quick oven, to a light brown. While hot, cut in diamond shaped pieces.

Puddings.

Corn Pudding.

Score the kernels of 6 large ears of corn, scrape the pulp from the cobs, or use 1 can of corn and force through a colander. Add $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt and pepper, 2 eggs, beat separately very light. First

add the yolks, then the whites and a tablespoon of melted butter. Put in baking dish and bake $\frac{1}{2}$ hour.

Apple Pudding.

Pare and remove the cores of 6 apples, lay in a buttered pudding dish and pour over them a batter made of 1 pint sifted flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup cream, $1\frac{1}{2}$ cups milk, 4 beaten eggs and salt. Bake 1 hour. Sauce: 1 teacup sugar, 1 tablespoon butter, 2 cups boiling water, 1 tablespoon corn starch, flavor with cinnamon.

Suet Pudding.

One cup suet, chopped fine, 1 cup molasses, 1 cup sweet milk, $3\frac{1}{2}$ cups flour, 1 cup fruit, 1 teaspoon soda, a little salt. Steam 2 hours. Serve with a sweet sauce.

Sauce: 3 cups sugar, $\frac{1}{2}$ cup vinegar, thicken with flour rubbed smooth in cold water. This is improved by adding $\frac{1}{2}$ glass of jelly.

No. 2. One pound raisins, $\frac{3}{4}$ pound suet, $\frac{1}{2}$ pound currants, $\frac{1}{2}$ pound citron, $1\frac{1}{2}$ cups sugar, 1 teaspoon salt, 1 grated nutmeg, 1 pint flour. Add to this a slice of bread, mix altogether and allow to stand a while. Just before putting on to steam, beat 3 eggs light and put in enough sweet milk to thoroughly moisten the ingredients. Put in a bag and boil 8 hours.

Peach Pudding.

Butter a pudding dish, $\frac{1}{4}$ cup sugar, 1 layer peaches, apples sliced thin, then cover with $\frac{3}{4}$ cup sugar. Dot with butter and lay over it batter made as follows: 1 cup flour, 1 tablespoon butter, 1 cup milk, 1 teaspoon baking powder. Bake $\frac{1}{2}$ hour.

Prune Whips.

Boil $\frac{1}{2}$ pound prunes until very tender, then remove the stones and chop in small pieces. Beat the whites of 5 eggs to a stiff froth, add $\frac{1}{2}$ cup powdered sugar, $\frac{1}{2}$ teaspoon cream tartar and a pinch of salt. Flavor with vanilla. Add the prunes a little at a time and stir well. Bake 5 minutes, just brown slightly.

Prune Souffle.

Five eggs, whites only, 5 tablespoons powdered sugar, $\frac{1}{2}$ level teaspoon cream tartar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ pound prunes. Stew the prunes, drain, remove the stone and chop to a pulp. Mix sugar, salt and cream tartar together thoroughly. Whip white of eggs very stiff and then whip in the dry ingredients. Cut and fold the prunes into the eggs until the mixture is in uniform color. Set baking in a pan of hot water and bake 20 minutes in a moderate oven. Pineapple, strawberries, orange and raspberries can be used in the same way.

Tapioca Pudding.

Three tablespoons of tapioca that has been soaked in cold water till it has become swollen enough, then add 1 quart sweet milk and cook in a double boiler until

the tapioca is tender. Add yolks of 3 eggs well beaten, 1 small cup of sugar, a little salt; stir into the boiling milk, flavor with vanilla, then pour $\frac{1}{2}$ of it into a dish, add the whites of the beaten eggs; then pour the remainder on the top. Cool.

Cream Tapioca Pudding.

Soak 3 tablespoons of tapioca in water over night. Put it into quart of milk and boil 30 minutes. Beat the yolks of 4 eggs with tablespoon of sugar and add 3 tablespoons of cocoanut; stir in and boil 4 minutes longer. Flavor with 1 tablespoon of vanilla and pour into pudding dish. Beat the whites of the eggs with 3 tablespoons of sugar added. Pour over the top, then sprinkle with cocoanut and brown in oven. Serve very cold.

Cherry Pudding.

One loaf bread, 1 pint milk, 2 tablespoons butter, 6 tablespoons sugar, 5 eggs, grated rind of 1 lemon, a little cinnamon. Heat the milk, break the bread in small pieces, and put into the milk; cook till it separates from the kettle; take from the fire and after it has cooled, add butter, sugar, yolks of eggs, lemon rind, cinnamon, and last, the beaten whites of eggs. Butter well a pudding mold, one with a tight-fitting cover; put into it in alternate layers, first the batter, then cherries, until all are used. End with batter. Steam two hours.

Graham Pudding. (Excellent.)

One cup molasses, 1 cup milk, nearly 2 cups graham flour, 1 tablespoon melted butter, 1 teaspoon soda, 1 egg, cinnamon and nutmeg to taste, 2 cups raisins stoned, $1\frac{1}{2}$ cups raisins chopped, $\frac{1}{2}$ cup of them whole. Begin with the molasses, dissolve the soda in a little warm water, stir into the molasses, then stir in the milk, then a little of the flour, about half, then the egg beaten very light, then the spices, then the rest of the flour mixed with the fruit. Add a little salt and steam three hours. It must be put together very quickly. Eat with foaming wine sauce.

Meringue Pudding.

Cover the bottom of a pudding dish with thick slices of sponge cake (or any stale plain cake will do), then spread over it, thickly, raspberry or blackberry jam. Make a custard of the yolks of 4 eggs, 2 tablespoons sugar, 1 quart milk, and flavor with lemon. Pour this over the jam, and when cool, beat the whites of the eggs with 2 tablespoons sugar, spread over the top and brown in the oven. Let it stand several hours before using.

Chocolate Blanc Mange.

One box of gelatine (Cox) dissolved in a pint of cold water, 3 pints of milk; put over to boil with one cup of French chocolate; when the milk is just scalded pour in the gelatine, sweeten to taste, boil five minutes, then take from the fire, flavor with vanilla, pour into

molds. When cold serve with powdered sugar and cream.

Chocolate Pudding.

Break in small pieces dry bread to make 1 pint. Pour over it 1 quart milk, 2 tablespoons sugar and 2 squares grated chocolate. Stir together and bake $\frac{1}{2}$ hour. Stir again and bake again for $\frac{1}{2}$ hour.

Lemon Pudding.

Two cups baker's bread, grated or chopped very fine, after removing all crust; grate rind of 1 lemon, $\frac{1}{2}$ cup sugar, yolks of 4 eggs, 1 quart milk. Bake about 20 minutes or half an hour in a good oven. When done, spread whites of 4 eggs, well beaten with half a cup of sugar and juice of the lemon over the top. Place in the oven and brown lightly.

Fruit Pudding.

One cup chopped suet, 1 cup molasses, 1 cup raisins, 1 cup sweet milk, 3 cups flour, 1 teaspoon soda, spices to taste. Boil 4 hours in a farina kettle; then put in the oven 15 minutes, and turn out. Serve with wine sauce.

Apple Float.

Stew partially 1 quart apples, then mash well; add the whites of 3 eggs, well beaten, and a heaping tablespoon loaf sugar. Beat all together 15 minutes, and eat with cream spiced with nutmeg.

Sponge Pudding.

One cup chopped suet, or $\frac{1}{2}$ cup butter; 1 cup molasses, 1 cup milk, $3\frac{1}{2}$ cups flour, 2 eggs, 1 cup raisins, 1 cup currants, citron and spices to taste, 1 small teaspoon soda, beaten in the molasses. Steam 3 hours and serve with wine sauce. If suet is used, a pinch of salt should be added. Many prefer this to a plum pudding, because it is not so rich.

Herodotus Pudding.

One pound fine raisins, stoned, 1 pound minced beef suet, $\frac{1}{2}$ pound bread crumbs, 4 figs, chopped fine, 2 tablespoons honey, 2 wine glasses Greek wine, the rind of a lemon, grated; boil 3 hours. Sherry may replace the Greek wine. Sugar may be used instead of honey.

Fig Pudding.

One cup molasses, 1 cup chopped suet, 1 cup milk, $3\frac{1}{4}$ cups flour, 2 eggs, 1 teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, 1 pint of figs, chopped.

Farina Pudding.

One coffee cup farina, $\frac{1}{4}$ cup butter, 1 pint milk, $\frac{1}{4}$ cup sugar, 6 eggs, grated rind of 1 lemon, 10 almonds, blanched and chopped. Boil the milk, let farina run slowly into it, and stir till the mass separates from the kettle. Then remove from the fire and stir into it the sugar, butter, lemon rind, salt, yolks one by one, and last, the beaten whites of the eggs. Bake slowly one hour.

Crust Dough for Pies.

One heaping cup flour, 1 saltspoon baking powder, 1 saltspoon salt, $\frac{1}{2}$ cup lard; mix baking powder and salt with flour, rub in the lard till fine and dry. Mix to a stiff paste with cold water.

Directions—Always have a quick oven at first. Do not grease the pie plate. Whenever an upper crust is used cut holes for the steam to escape.

Pies.

Lemon Pies.

1½ cups water, 1 cup granulated sugar, juice of 1 lemon, salt, $\frac{1}{2}$ teaspoon butter, 3 large teaspoons corn starch; put the water in a double boiler, then add sugar and lemon juice. While this boils add the corn starch, then put in the beaten yolks of 3 eggs. Then take the whites of 2 eggs well beaten and a little powdered sugar and place on top. Bake the crust first, then add the mixture and frosting and bake a few minutes.

No. 2. Grated rind and juice of 1 lemon, 1 cup sugar, yolk of 3 eggs, $\frac{2}{3}$ cup water, 2 tablespoons flour. Bake and spread with beaten froth of eggs.

No. 3. (Excellent.) Grate 1 lemon, not too close; beat well the yolks of 2 eggs, 1 even cup sugar, mixed with 2 tablespoons flour, butter the size of an egg, the juice of 1 lemon. Add 1½ cups boiling water. Let all boil a few minutes, then turn in the lemon shell, beat the white stiff, add $\frac{1}{2}$ cup of sugar, then put in the oven to brown.

Mock Cherry Pies.

One cup cranberries, cut lengthwise; 1 cup sugar, 2 large teaspoons flour, $\frac{1}{2}$ cup water, small piece butter. Mix all together a few minutes in the water. Make pie with 2 crusts.

Pumpkin Pie.

Use canned pumpkin; 1 cup pumpkin, 1 cup sugar, $\frac{3}{4}$ cup milk, 2 eggs beaten light, $\frac{1}{2}$ nutmeg grated, $\frac{1}{4}$ teaspoon cinnamon, butter size of an egg melted, 1 teaspoon lemon. Bake slowly for nearly 1 hour.

Mince Pies.

To 1 quart of finely chopped mincemeat add 1 heaping teaspoon salt and $\frac{1}{2}$ teaspoon pepper, 2 quarts finely chopped apples, 1 teacup vinegar, 1 cup molasses, 2 teacups sugar, 1 pound currants, 1 nutmeg grated, 1 teaspoon ground cloves, 2 teaspoons ground cinnamon, butter the size of an egg. Wet with enough water, sweet cider or sweet pickle liquor to make the mixture moist and juicy. Put over the fire and boil for $\frac{1}{2}$ an hour. When making pie add raisins.

No. 2. Five pounds lean beef boiled and chopped fine, 1¾ pounds kidney suet chopped fine, 3 pounds best raisins, 2 pounds currants, 1 pound shredded citron, 1 pound candied lemon, $\frac{1}{2}$ pound candied orange, 2 quarts chopped apple, 1 gallon sweet cider, 1 glass currant jelly, 3 cups granulated sugar, 1 teaspoon salt, 2½ ounces ground cinnamon, $\frac{1}{2}$ ounce ground allspice. Boil

the cider with suet and salt for 15 minutes, add the chopped apples and sugar, then the beef and rest of the fruits. Boil $\frac{1}{2}$ hour, then add jelly and spices, stirring, and put away hot, either in stone or mason jars.

Custard Pie.

Line a deep plate with a rim crust, heat 1 pint milk, rub 1 teaspoon flour smooth with $\frac{1}{2}$ cup cold milk, add to the boiling milk and cook 5 minutes. Pour upon 3 beaten eggs $\frac{1}{2}$ cup sugar, 1 saltspoon salt, 1 teaspoon vanilla. Strain hot into the plate; bake slowly, never letting it boil. It is done when knife blade makes a clean cut.

Apple Pie.

Line plate with dough. Fill with apples, pared, cored and sliced. Fill the plate rounding, cover the apples with $\frac{3}{4}$ cup sugar and put on crust.

Rhubarb Pie.

Cut into inch bits, pour over them boiling water and let stand 10 minutes, then drain, and sprinkle lightly with flour. For a 10 inch plate add a heaping cup of sugar. Cut a tablespoon of butter in bits and cover with crust. Bake in hot oven 10 minutes, then more slowly for 20 minutes.

Jellies, Preserves and Pickles.

Uncooked Currant Jelly.

Mash the currants in a kettle, cook until soft without adding water, pour them into a cloth and hang up to drain. Do not squeeze. When all drained measure and put on the stove to warm but not boil. Add as much sugar as juice and stir till dissolved. If the jelly does not thicken add more sugar.

Currant Jelly.

Take currants as soon as they are ripe; wash and drain them, then put them in the preserving kettle and let them get hot and burst; then throw them into a bag and let the juice run, without squeezing. To a pint of juice allow a pint of sugar. Boil the juice five minutes, then add the sugar, which has been heated in the oven, and as soon as it is melted, take the kettle from the fire, not allowing the juice to boil, after the sugar is in. Squeeze the currants after all the clear juice has been run off, and treat as above; it will not be so clear, but will be equally nice to eat.

Cooked Currant Jelly.

Two and one-half quarts currant juice, 1 quart water; boil 6 minutes, mixing in the juice and allowing it to come to a boil again; add 7 pounds sugar or 1 pound per quart of liquid. Skim, and allow to boil 3 minutes.

Orange Marmalade.

Two oranges sliced very thin, 2 lemons sliced thin and cut across in small pieces, $\frac{1}{2}$ grape fruit meat. Pour over all 3 pints cold water and let stand for 24 hours or over night. Put on fire and boil till the rind

is tender. Add $2\frac{3}{4}$ pints sugar and boil $\frac{1}{2}$ hour. Set aside till the next morning, then boil till the mixture will form a jelly. Pour into jelly tumblers. It is best to run the fruit through a meat grinder instead of cutting it. It will be more uniform in size.

Plum Conserve.

Five pounds of plums, 3 pounds of sugar, 2 pounds of raisins, 4 oranges. Pit the plums, grate the peel of the oranges, remove and throw out the white pithy part, slice the pulp and cook all together $\frac{3}{4}$ hour.

Heavenly Hash.

Five quarts cherries stoned and chopped, 5 oranges run through a grinder, 1 pound finely chopped raisins, 5 pounds sugar. Mix, put on fire and cook to a jam.

Green Tomato Pickles.

One peck green tomatoes, 3 large onions, 3 peppers, $\frac{1}{8}$ pound white mustard seed, 2 tablespoons celery seed. Chop all very fine and put in layers, 1 of tomatoes, 1 of salt, using not more than $\frac{1}{4}$ cup of it, and a layer of onions. Allow to stand 24 hours, then squeeze dry and boil in 1 quart vinegar. Cook till tender, then, when nearly done, add $\frac{1}{2}$ pound sugar. Put in cans well sealed.

Ginger Pears.

Eight pounds fruit, pears, 8 pounds sugar, juice of 4 lemons, the rind chopped very fine, 2 ounces ginger root soaked over night and chopped into the lemon rinds. Make a syrup of the sugar, add the other ingredients and cook till the syrup thickens, cool very slowly.

Ripe Cucumber Pickle.

Quarter, seed, soak in strong brine for 10 days, keeping well submerged. Remove them from the brine and soak 1 day in clear, cold water, 1 night in a weak alum water, drain well. Add 1 quart vinegar, 6 cups sugar. Put cloves, mace and cinnamon tied in bags into the cucumbers, sugar and vinegar, and allow to simmer till tender. Remove the spices when done, or leave them in.

Pepper Hash.

Twelve green peppers, 12 large red peppers and onions, ground separately, 15 large white onions, 3 tablespoons salt, 2 cups sugar, 1 quart vinegar. When cut up boil with the vinegar.

Remove the insides of the peppers and chop. Turn boiling water on the red ones and squeeze dry by putting them in a colander and pressing them through with a spoon so as to save burning the hands. Then put the red ones into cold water enough to cover and let them come to a boil, press dry and add onions, chopped fine, vinegar, salt and boil 10 minutes. Repeat the above with the green peppers. Caution: Grease the hand well with lard before cutting the red peppers. This will prevent them burning.

Chow-Chow.

One peck of green tomatoes, 2 heads of cabbage, 12 large white onions, 12 green peppers; sprinkle with salt; chop fine; let stand from 12 to 24 hours; drain well through a sieve, cover with cider vinegar, heat to the boiling point; when hot, add 4 tablespoons of mixed mustard; when cold, add 2 tablespoons of turmeric, 2 teaspoons of curry, 4 tablespoons of mixed mustard; 2 cups of sweet oil, 2 cups of white mustard seed, 2 cups of sugar, 2 cups of horse radish; mix thoroughly together and bottle; ready for use in 10 days.

Oil Cucumber Pickles.

Pare and slice 25 cucumbers, 1 teacup each of black and white mustard seed, 1 tablespoon of celery, $\frac{1}{2}$ cup of salt, 1 cup of sweet oil poured over; lastly, fill up with cold vinegar enough to cover well. Cover tightly, and eat in a month's time. Very good.

Sweet Cucumbers.

Put them in brine, strong enough to bear up a potato, for three days. Scald the brine every day and pour over them when cold. Then put them into vinegar and water for 24 hours. Put them in a large stone jar in layers of cucumbers, sprinkling over them a teaspoon of alum and 2 teaspoons of sugar, a sliced onion, large, and a sliced pepper, green; then cucumbers, etc., until the jar is full, over which pour the scalding vinegar.

Cucumber Pickles.

Take 2 pecks of small cucumbers, make a strong brine, heat boiling hot and pour over the cucumbers; let them stand 24 hours, then take out and wipe dry, scald vinegar (weak vinegar will do) and pour over them and let stand 24 hours, then pour off, and to fresh vinegar add 1 quart of brown sugar, 2 large green peppers, $\frac{1}{2}$ pint of white mustard, 6 cents worth of ginger-root, the same of cinnamon, allspice and cloves; 1 tablespoon of celery seed; alum the size of a butternut; scald all, and pour boiling hot over the pickles. Pleasing to the taste of all pickle eaters.

Sweet Tomato Preserves.

One-half bushel of small yellow tomatoes, boil until the skin can be easily removed; to 1 pound of fruit add 1 pound of sugar; for this quantity, add $\frac{1}{2}$ pound of ginger, green or bleached, cut in pieces, and 4 lemons sliced. Boil all together ten minutes; take out tomatoes and boil syrup twenty minutes, and pour over fruit in jars.

Mustard Pickles.

One and one-half quarts medium cucumbers cut to pieces, 1 quart small green tomatoes or a quart of wax beans, 1 quart onions, 1 large cauliflower cut fine, 4 green peppers cut fine. Make a brine of 4 quarts water and 2 cups salt, pour over the vegetables and allow to stand 24 hours. After standing heat the mixture enough to scald it, drain in a colander. While this is heating mix 1 cup flour, 6 tablespoons ground mustard, 1 tablespoon turmeric powder, to color, with cold vine-

gar enough to make a smooth paste, then add 1 cup brown sugar, then enough vinegar to make 2 quarts in all. Boil till thickens, stirring all the time. Add vegetables and heat through. This will make 4 quarts.

Chopped Tomato Pickle.

One peck ripe chopped tomatoes, drained, 2 large cups chopped celery, 2 cups chopped onions, 5 green peppers, 1 cup white mustard seed, 2 cups white sugar, $\frac{1}{4}$ cup salt, 5 cups vinegar, 2 tablespoons whole mixed spice, horse radish root to keep vinegar.

Sauces.

Onion Sauce.

To be served with either roast mutton or pork. Boil the onions until tender; chop fine after being thoroughly drained. Have ready half a pint of scalding milk, seasoned with butter, salt and pepper; a little cayenne. Stir in the onions and thicken; cook a few minutes and serve.

Chutney.

Four pounds dates boiled in vinegar to a paste and strained, 1 tablespoon salt, $1\frac{1}{2}$ tablespoons black pepper, 1 tablespoon mixed mustard, 2 coffee cups sugar, 7 small onions boiled and rubbed through a colander, 1 tablespoon ground cloves, 1 tablespoon allspice, 1 teaspoon cayenne; mix all, put into a kettle, boil 15 minutes; add 2 tablespoons preserved citron chopped fine.

Tartan Sauce.

The yolks of 2 eggs, 6 tablespoons olive oil, dessert spoon capers and 2 olives, chopped very fine, 3 tablespoons vinegar, 1 teaspoon mustard, a little cayenne pepper; salt to taste.

Parsley Sauce.

To be used with boiled chicken, boiled salt pork, baked whitefish, boiled salmon or lima beans.

Take a large bunch of parsley, wash clean, boil with stems on, in as little water as possible, into which drop a piece of soda as large as a small pea, to keep the parsley green. When tender, take from the water, which must be saved; pick from stems; chop fine; add as much rich milk to the water as needed, a piece of butter the size of an egg, salt and pepper. Stir in parsley; thicken and cook a few minutes. Care must be taken not to get the sauce too thick. In serving with boiled chicken, cook the chicken in as little water as possible—boiling it down, if too much for the sauce, after the chicken is removed, and use this broth for the sauce instead of milk.

Cream Sauce.

Two ounces butter, $\frac{1}{2}$ pint sweet cream, 3 tablespoons flour, pepper and salt. Melt the butter, stir in the flour, boil the cream and stir in pepper and salt.

Cream Sauce.

Put in sauce pan 1 cup butter; when melted stir in 1 cup flour; when hot pour in 2 pints of boiling milk

(or half milk and half cream); stir briskly to a smooth sauce; let it boil 20 minutes; season with salt and a little cayenne; strain, when it is ready to serve.

Tomato Sauce.

Twelve tomatoes, not skinned; $\frac{1}{2}$ an onion, 1 clove, 2 stalks parsley, 1 bayleaf, 5 pepper corns. Set over the fire and stir until they can be mashed through a colander. Then put back on the fire and thicken a little if desired.

Chili Sauce.

Thirty ripe tomatoes, very large ones, 8 green peppers, 8 onions, 5 teacups vinegar, 10 iron spoons sugar, 3 tablespoons salt; chop onions and peppers, and boil all 1 hour.

One peck ripe tomatoes, 4 cups chopped parsley, 4 onions, 3 cups brown sugar, 1 ounce white mustard seed, 2 red peppers, 3 pints vinegar. Chop the tomatoes, add 2 cups salt, and let stand over night. Then drain through a colander and add the other ingredients. Be sure that you do not cook this recipe. Peel the tomatoes without scalding if possible.

Candies.

Salted Almonds.

Half a pound Jordan almonds, 1 heaping tablespoon melted butter, 1 heaping tablespoon salt. Pour butter on almonds in pan; sprinkle over them the salt and mix well; then brown a light brown in the oven, stirring them to keep them from burning.

Peanut Brittle.

One cup brown sugar, put dry in a skillet and place on the fire. Stir constantly until the sugar is melted and has become a bright amber color. Then add the peanuts, 1 cup, chopped, and stir in. Continue to stir till the candy begins to grain.

Peanut Candy.

One pound brown sugar, $\frac{1}{2}$ cup water, 2 tablespoons vinegar; boil and when nearly done add butter the size of a walnut. When it becomes brittle in water remove from the fire, crush the peanuts on buttered plates and pour the candy over them. Cool.

Fudge.

Two cups sugar, 1 cup rich milk or cream, $\frac{1}{2}$ cup ordinary milk, $\frac{1}{4}$ cake of chocolate cut into a cup, butter size of a walnut. Cook the sugar, milk and butter till it boils, taking care that it does not burn, then add the cut chocolate. Cook till it strings or can be molded when dropped into water. Add a little vanilla and stir rapidly and hard till it looks as though it were going to set. Turn it into greased tins.

Fondant.

White of one egg and beat it to a stiff froth, then add 1 pound of confectioners' sugar and beat till well mixed. Add flavoring and work till creamy with the hands. Then mold in the desired form, coat with choc-

olate, or set nut meats on top, as you wish. Chopped nuts can also be mixed with the fondant, and various coloring matters may also be used.

Caramels.

Two cups brown sugar, 2 cups molasses, 1 cup cream or milk, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ pound grated chocolate, 2 tablespoons flour. Boil the molasses, sugar, butter and flour together for 15 minutes, next stir the chocolate to a cream and pour into the syrup. Boil till done.

Unboiled Cream Candy.

Put the whites of 2 eggs and an equal quantity of cold water into a bowl and beat till frothy. Then sift in sufficient confectioner sugar to make a stiff paste, work together till smooth. This may, like the fondant, be used as filling for dates, etc.

Boiled Cream Candy.

One quart sugar, 1 pint water, 2 tablespoons vinegar. Boil same as molasses candy but do not stir. Try in cold water till hard. Then remove from fire, add vanilla and pull it.

No. 2. Two cups granulated sugar, 1 cup cold water, $\frac{1}{4}$ cup vinegar and butter half the size of an egg. Flavor with vanilla. Boil till it hardens in cold water. Turn out on buttered plates and when cool enough to handle begin to pull it.

Molasses Candy.

One and one-half cups molasses, butter the size of an egg, $\frac{1}{2}$ cup sugar, 2 tablespoons vinegar, $\frac{1}{4}$ teaspoon soda. Boil till stringy. Do not add the soda till the candy is nearly done. A cup full of chopped nuts added to the candy adds to the taste.

Chocolate Chips.

One cup New Orleans molasses, $\frac{2}{3}$ cup sugar, butter the size of a walnut, flavor with vanilla. Boil till hard. Pull into thin strips, cut in small pieces. When cold dip into hot chocolate flavored with vanilla and a little sweetened.

Candied Orange Peel.

Dip oranges in hot water, wipe well, rub with lump sugar to remove oil. Peel the oranges and put the skins in boiling water and cook till tender, changing the water twice, drain well, cut into strips and weigh. Take 1 pound sugar and $\frac{1}{2}$ cup water to every pound of peel. Boil sugar and water a moment before adding the peel. Then allow to simmer until transparent; drain, roll each piece in fresh, uncooked sugar. Put in a warm oven to dry.

Maple Peach.

Boil 1 cup granulated sugar, maple sugar and cream till it will form a ball in water. Remove from the fire and add $\frac{1}{2}$ cup soft, canned peaches, and the stiffly beaten white of one egg. Beat till the mixture is well blended and firm. Shape into squares with the fingers.

Orange Cakes.

Two cups granulated sugar and $\frac{1}{4}$ cup water boiled till it will form a ball in water. Remove from the fire and add $\frac{1}{2}$ cup orange pulp and the stiffly beaten white of 1 egg. Beat till creamy and turn out on a greased board. Grease the rolling pin and roll the mixture out thin. Cut in squares and dip in either chopped almond or English walnut meats.

Raspberry Balls.

Cook 2 cups sugar with 1 cup canned raspberry juice till it stiffens in water. Remove from the fire and add the stiff white of an egg, $\frac{1}{2}$ cup of the berries and $\frac{1}{2}$ cup chopped walnut meats. Beat till creamy, shape in balls and roll in toasted cocoanut or dip in melted chocolate.

Nut Candy.

One-half cup New Orleans molasses, $\frac{3}{4}$ cup granulated sugar, $\frac{3}{4}$ cup butter, $\frac{1}{2}$ pound figs, 1 cup pecan nut meats, 1 cup shellbark nut meats, $1\frac{3}{4}$ cups Brazil nut meats, $1\frac{1}{4}$ cup English walnut meats, a pinch of baking soda.

Boil the sugar and molasses as for molasses candy, till nearly done. Add the butter and continue to boil till it becomes brittle when dropped into water. Add the figs, which have been chopped and scraped and chopped very fine, add the soda and then the nuts. Mix well with the candy and pour into a buttered dish. When cool remove from the pan and cut in suitable sizes.

Cherry Puffs.

Wash $\frac{1}{2}$ pint cranberries and let them become firm and candied by boiling them in a thick syrup. Mix the cranberries with $\frac{1}{2}$ pint very finely chopped nut meats and then shape the mixture into little balls between the fingers that have been well greased. Then dip them in melted chocolate and roll in powdered sugar. Set away for a few hours on a cold plate. Cherries, confectioners', may be used if desired.

Nut Creams.

Stir the white of 2 stiffly beaten eggs into 1 pound of confectioners' sugar. Add 2 teaspoons warmed maraschino cherry juice and a cup of nut meats that have been put through the food chopper. Stir well and turn into a wet napkin, knead for 20 minutes, shape in cones and roll in chopped nuts.

Almond Wafers.

Into a flat, well greased pan pour a layer of melted sweet chocolate and place on this a layer of blanched almonds. Cover this with a layer of chocolate and set away to cool. When cool and perfectly dry cut in suitable size.

Ice Creams and Ices.

Instructions for Freezing Ice Cream.

1st. Soak the tub in hot water; cold will do, but hot water is much better. This is done in order that



the porous wood may take up all the water it will, before you start freezing the cream.

2nd. Shave the ice with an ice shave. The best article for this purpose is the Peerless Ice Chipper. If none is at hand, use an ordinary broad wood chisel. **Do not break the ice in lumps** with a hammer or block of wood, as many instructions read, as you want the ice as fine as possible. A great many people have the idea that by shaving the ice, you waste more ice. This is not true, however, as cream is frozen by the conversion of ice into water, under the general law that when a solid is converted into a liquid, or a liquid into a gas, heat is absorbed. By shaving the ice, therefore, you merely hasten the time of freezing.

It would be well to place the lump of ice in a wooden wash-tub or other receptacle, and after shaving more than enough to completely fill the freezer, mix it with coarse common salt—one-third salt, two-thirds ice. Most directions say put in a layer of ice and then a layer of salt into the freezer, but it is a much better way to mix the ice and salt before putting it into the freezer.

After scalding out the can to be sure it is fresh and clean, pour your mixture to be frozen (any kind of mixture except fruit cream; in making fruit cream never put in the fruit until cream is almost frozen) into the can, replace the can top and tub top; then fill the space around the can in the tub with the mixture of shaved ice and salt. Then pile it entirely over the top of the freezer, start turning the crank rapidly, and turn steadily without interruption for 3 minutes; if at that time it begins to turn very hard, and at some times almost seems to stop, turn the crank very carefully for $\frac{1}{2}$ minute more and at the end of that time the cream will be frozen completely. See that the overflow hole is open during the operation, and never under any circumstances bore any hole in the bottom of the tub to draw off water unless you stop it up with a cork during the freezing. When the cream once starts to freeze do not stop turning the crank for any length of time, because the dasher is very liable to freeze solid in the freezer.

Ice Cream.

To 1 quart cream add 1 tumbler fruit jam and 1 tablespoon sugar; freeze. If strawberry or raspberry jam is used, after it is thoroughly dissolved in the cream, strain through a wire sieve to take out seeds.

Vanilla Ice Cream.

One quart cream, 1 pint milk, 2 cups sugar, 2 eggs, whites only, 1 teaspoon vanilla. Mix the sugar with the cream and milk, add flavoring and strain into the freezer. Beat the whites of the eggs stiff and add to the contents of the freezer just before freezing.

Whipped Ice Cream.

One quart cream, 1 cup powdered sugar, 1 teaspoon vanilla; whip the cream till about half of it has been

taken off, add sugar and flavoring to the remainder and freeze. When partly frozen add the whipped cream and freeze hard.

Frozen Custard.

One quart rich milk, $\frac{1}{2}$ pound sugar, 1 tablespoon corn starch, 3 eggs, 1 teaspoon vanilla. Put the milk and sugar into a double boiler, reserving two tablespoons sugar to beat with the whites of the eggs; mix corn starch with a little cold milk and yolks of eggs, add to milk when boiling and stir till it thickens; it must not boil. Take from the fire and strain, and place in pan of cold water while you beat the whites and sugar. Stir all together and freeze.

Lemon Ice Cream.

Two quarts milk, 1 quart cream, 3 cups sugar, 3 eggs, $\frac{1}{4}$ box gelatine, juice of two lemons and 1 orange, grated rind of three lemons. Mix sugar, juice and rind of lemons, and orange juice, and set aside; soak gelatine in $\frac{1}{2}$ pint of milk, scald milk and cream, and pour over gelatine till dissolved. When cold, partly freeze; then add lemon juice and sugar, and eggs beaten separately; turn the crank rapidly and freeze.

Chocolate Ice Cream.

One quart cream, 1 pint milk, 2 cups sugar, 2 eggs beaten light, 5 tablespoons grated chocolate rubbed smooth in a little milk. Heat milk to near boiling, pour in slowly beaten eggs and sugar; then chocolate. Cook until it thickens, stirring constantly. Cool, beat in the cream, and freeze.

Coffee Ice Cream.

One quart cream, $1\frac{1}{2}$ large cups sugar, 1 pint strong coffee. Whip cream, mix coffee and sugar thoroughly, add to cream and freeze.

Fruit Cream.

One pint cream, 1 pint milk, 1 cup sugar, $\frac{1}{2}$ pound figs chopped fine, $\frac{1}{2}$ pound almonds, $\frac{1}{2}$ can peaches. Mix well before putting into freezer.

Pistachio Ice Cream.

One quart cream, 1 cup sugar, $\frac{1}{4}$ pound pistachio nuts, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ teaspoon almond flavoring. Mix the cream and sugar, add nuts, which must be blanched and pounded. Add flavoring and a little spinach coloring just before freezing. The coloring is made by mixing the spinach sugar with a little of the cream till smooth.

Glace Cream.

One quart cream, 1 cup sugar, 1 teaspoon vanilla, white of 1 egg. Mix cream and $\frac{1}{2}$ cup sugar, and partly freeze; take $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water and boil till the syrup forms a soft ball when tried in water. Beat the white of 1 egg stiff and as soon as the syrup is ready pour it in the egg in a fine stream, and beat till stiff and cold, stir this gently into partly frozen cream and beat again till well mixed. Then pack it down and let stand 1 hour.

Macaron Ice Cream.

One quart cream, 1 dozen stale macarons, 1 cup sugar, 1 wine glass sherry wine. Roll and pound the macarons, strain through a fine gravy strainer; mix with cream, sugar and wine. Freeze.

Apricot Ice Cream.

One quart cream, $\frac{3}{4}$ pound sugar, 1 pint can fruit, put half the cream in double boiler; when hot add sugar and stir till dissolved; add the remainder of the cream, and when cold freeze. When nearly frozen add the apricots, which have been mashed well. Allow to stand some time before using.

Pineapple Ice Cream.

One-half pound pineapple, $\frac{1}{2}$ pound sugar, 1 pint cream, $\frac{1}{2}$ pint milk, juice of one lemon. Grate pineapple and add sugar and lemon juice; put cream and milk in freezer, and when partly frozen, add sugar and fruit.

Pineapple Ice Cream.

One quart cream, $\frac{1}{2}$ cup milk, 1 teacup sugar, 1 pineapple. Pare the pineapple, remove the core and eyes, and chop fine; sprinkle with sugar, $\frac{1}{2}$ cup to 1 pint of fruit; add juice of 1 lemon. Add this to the cream when partly frozen.

Banana Ice Cream.

One pint cream, 1 pint milk, $\frac{1}{2}$ pound sugar, yolks of 3 eggs, 4 bananas. Scald the milk, and add the beaten yolks and sugar; stir till it thickens. Add cream, and, when cool, the bananas, which should be mashed through a colander. Freeze at once.

Peach Ice Cream.

One quart cream, 1 pint milk, 2 cups sugar, whites of 2 eggs, 1 dozen ripe peaches. Pare and mash the peaches, add sugar, and let it stand; add cream and milk, and just before freezing, the beaten whites.

Strawberry Ice Cream.

One quart cream, 1 quart strawberries, 1 large cup sugar, 1 pint milk. Mash sugar and berries, and let them stand half an hour; then squeeze them through cheese cloth. After this has been done, pour the milk on the pulp, and squeeze again, until perfectly dry. There should be nothing left in the cloth but a ball of seeds. Scald the cream, and when cool, add to the fruit mixture, and freeze.

Raspberry Ice Cream.

Make it the same as strawberry ice cream, adding a little lemon juice.

Orange Ice Cream.

One quart cream, $\frac{3}{4}$ pound sugar, juice of 5 oranges, rind of 1 orange. Put half of cream in double boiler; add sugar, and stir till dissolved; add remainder of cream, and, when cool, add juice and rind of oranges. Turn into freezer, and freeze.

Hokey Pokey.

One can condensed milk, 2 tablespoons corn starch, 2 quarts milk, 1 tablespoon vanilla. Moisten corn starch with a little cold milk, put remainder of milk in double boiler, and, when hot, add corn starch; cook a few minutes, then add condensed milk, and stand aside to cool. When cold, add vanilla and freeze.

Almond Ice Cream.

One quart cream, $\frac{1}{2}$ pound sugar, $\frac{1}{4}$ pound shelled almonds, 1 tablespoon vanilla, 4 tablespoons sherry. Blanch and pound the almonds to a paste, put half the cream and sugar on to boil, and stir till dissolved; add remaining cream and almonds and, when cold, add vanilla and sherry, and freeze.

Puddings—Punch.

Frozen Pudding.

One pint cream, yolks of 4 eggs; make a syrup of 1 pound sugar and 1 pint water, put on fire until boiling, then stir in forty blanched almonds, pounded fine, 2 ounces each of chopped citron, raisins and currants, 1 ounce each of candied orange and lemon peel, 1 glass brandy. Freeze.

Fruit Cream.

Three lemons, 3 oranges, 3 bananas, $\frac{1}{2}$ can peaches, 3 cups sugar, 3 cups water. Strain peaches and bananas through a sieve, squeeze the oranges and lemons, strain; add sugar and water and, when dissolved, freeze. A pint of cream may be added before freezing if a very rich cream is desired.

Glacé Meringue.

Soak 4 tablespoons gelatin in 4 tablespoons water, pour over it $\frac{1}{2}$ cup boiling water and beat till smooth, then strain into 1 quart cream, add 1 cup sugar and 1 teaspoon vanilla. Freeze and when frozen take out the beater and pack smoothly, being careful to have the top level. Set away for $1\frac{1}{2}$ hours. When ready to use, beat the whites of 6 eggs to a stiff froth and beat into this 2 tablespoons powdered sugar, turn cream out on an earthen dish and cover every part with the meringue, brown in hot oven, and serve immediately.

Italian Tutti Frutti.

One pound candied fruits, 3 lemons, 4 oranges, 1 quart water, $1\frac{1}{4}$ pounds sugar, 1 gill sherry wine, 1 tablespoon gelatine. Chop fruit fine and soak it in sherry wine; soak gelatine in $\frac{1}{2}$ pint water, put $1\frac{1}{2}$ pints water, sugar and chipped yellow rinds of two lemons and 1 orange on to boil five minutes; add gelatine. When cold, add juice of lemons and oranges, strain and freeze; then stir in the fruit and let it stand a half hour before using.

Orange Soufflé.

One quart cream, yolks of 5 eggs, 1 pound sugar, 1 pint orange juice, $\frac{1}{2}$ box gelatine. Soak gelatine in half a cup of cold water 1 hour, then add half a cup of

boiling water. Beat the yolks, and add the orange juice and sugar; then add the gelatine and freeze. When frozen remove the dasher, and add the cream, which must be whipped some time previously.

Frozen Plum Pudding.

One quart milk, yolks of 4 eggs, $\frac{1}{2}$ pound sugar, 20 large raisins, 2 ounces citron, 2 dozen almonds, 1 tablespoon vanilla. Stone raisins, chop citron, blanch and pound the almonds. Put milk in double boiler, add raisins, and cook 10 minutes; then add beaten eggs and sugar, cook 1 minute, and, when cold, add other ingredients and freeze.

Frozen Chocolate Custard.

Four eggs, 1 pint cream, 1 pint milk, $\frac{1}{2}$ pound sugar, 2 ounces chocolate. Put the milk in a double boiler, add grated chocolate. When hot add the eggs and sugar, well beaten, and cook 1 minute; add cream and 1 teaspoon vanilla; when cool, freeze.

Frozen Coffee Custard.

Four eggs, 1 pint milk, $\frac{1}{2}$ pint cream, $\frac{1}{2}$ pound sugar, $\frac{1}{2}$ pint strong coffee. Scald the milk and add the well beaten eggs and sugar, cook 1 minute, then add cream and coffee. When cold, freeze.

Pudding Glace.

Thicken 1 pint new milk with 2 tablespoons arrowroot, boil 3 pints milk, add thickened arrowroot, 3 eggs and 3 cups sugar; stir in when cold 1 pound each chopped figs, raisins and citron. Flavor, freeze.

Nesselrode Pudding.

Boil and mash through a strainer 1 pint shelled and blanched chestnuts. Mix with 1 quart cream, 1 cup sugar and freeze. When partly frozen add 1 pint brandied peaches.

Apricot Pudding.

One quart cream, yolks of 4 eggs, $1\frac{1}{2}$ cups sugar, 12 apricots or peaches. Scald the cream, add well beaten eggs and sugar; when cold, freeze. When nearly frozen add the fruit, which should be pared and cut into small pieces. Freeze hard.

Frozen Fruits.

Frozen Bananas.

One dozen bananas, 1 pound sugar, 1 pint water, 1 pint cream, 2 oranges. Boil water and sugar together five minutes, strain, and, when cool, add the bananas, which should be mashed, and the orange juice. Freeze, turning slowly. Whip the cream and add to the frozen mixture.

Frozen Cherries.

Two quarts cherries, 2 pounds sugar, 1 quart water. Mix the sugar and stoned cherries and let them stand one hour. Add water and freeze.

Frozen Strawberries.

One quart strawberries, juice of 2 lemons, 1 pound sugar, 1 quart water. Mix berries, lemon juice and

sugar, and let it stand 1 hour. Mash the berries thoroughly, then add water and freeze. Freeze raspberries the same way.

Frozen Oranges.

Six oranges, 1 pint orange juice, 1 pound sugar, 1 quart water. Peel the oranges and remove every particle of skin and the seeds. Boil sugar and water 5 minutes, throw in the orange pulp, and let it stand till cool. Add orange juice and freeze.

Water Ices and Sherbets.

Lemon Water Ice.

Four lemons, 1 quart water, 1 orange, 1 pound sugar. Boil the water and sugar and the rind of the orange and lemons, which should be cut in small pieces. Stand away to cool. Squeeze the lemon and orange juice into the syrup, then strain and freeze.

Lemon Ice.

Dissolve 5 cups of sugar in the juice of 12 large lemons and 4 oranges; add 3 quarts of water and freeze. This will make 1 gallon of ice.

Currant Water Ice.

One pint currant juice, 1 pound sugar, 1 pint boiling water. Put sugar into the boiling water, add currant juice, when cool freeze.

Pineapple Water Ice.

One large pineapple, a can will do, $\frac{3}{4}$ pound sugar, 1 pint water, juice of 2 lemons. Boil sugar and water together for 5 minutes, add grated pineapple and lemon juice and when cool, freeze.

Raspberry Water Ice.

One pound pulverized sugar, 3 pints raspberry juice and juice of 1 lemon. Mix well and freeze.

Strawberry Ice.

Crush 2 quarts strawberries with 2 pounds sugar. Let stand a while, then squeeze, pressing out all the juice; add to this an equal measure of water and freeze. When nearly frozen add the whites of 2 eggs.

Iced Coffee.

Two-thirds pound sugar, 1 pint water, 1 pint coffee, 1 quart cream. Boil sugar and water a few minutes add coffee and cream; freeze.

Cider Sherbet.

One pint orange juice, 1 quart sweet cider, 1 pound sugar. Mix the cider, orange juice and sugar till thoroughly dissolved. Strain and freeze.

Ginger Sherbet.

Four lemons, 1 quart water, $1\frac{1}{2}$ pounds sugar, 2 tablespoons syrup from preserved Canton ginger, 1 teaspoon Jamaica ginger. Put water and sugar on to boil; cut lemon peel in small pieces and boil. Allow to cool and freeze.

Pineapple Sherbet.

One can of fine pineapple and strain out all the fibre. Soak $\frac{1}{2}$ package gelatine in a cup of cold water. After soaking for several hours, add 1 quart of water and 2 cups or 1 pint of sugar. When partially frozen add the well beaten whites of 2 eggs.

Orange Sherbet.

A teacup sugar that has boiled 10 minutes, juice of 1 orange and 1 lemon, a pint of water, a little coloring. When partially frozen add white of 1 well beaten egg.

Coffee Parfait.

One quart of stiffly whipped cream, 1 cup strong coffee, 1 small cup sugar. Put the coffee and sugar on stove and let them come to a boil; cool. Add the whipped cream just before freezing. Do not freeze too stiff.

Maple Parfait.

Beat yolks of 5 eggs till light and add slowly 1 cup of hot maple syrup. Cook in a double boiler till coating is formed on a spoon. When cool add 1 pint of thick cream whipped stiff. Turn into a mold, cover tight and pack in ice 4 hours.

Milk Sherbet.

Two quarts milk, whites of 2 eggs, juice of 2 lemons, 2 teaspoonfuls lemon extract, 1 tablespoonful gelatin. Soak gelatin in milk, and pour in double boiler; when dissolved, strain, and when cool, add juice of lemons and extract and freeze. When partly frozen add beaten whites of eggs.

Grape Sherbet.

Two pounds Concord grapes, 1 quart water, 1 pound sugar, 2 lemons. Mash the grapes thoroughly, and strain through a cheese cloth bag; add water, lemon juice and sugar, and freeze.

Pomegranite Sherbet.

One dozen blood oranges, 1 quart water, 2 cups sugar. Squeeze the oranges in lemon squeezer, add sugar and water; when dissolved strain and freeze.

Grape Fruit Sherbet.

Six Shaddocks, 3 cups sugar, 1 tablespoonful gelatin, 1 pint water. Soak gelatin in cold water, add sugar, and boil five minutes; let it cool, and add pulp of fruit. Freeze.

Fruit Sherbet.

Two bananas, 2 cups strawberries, 1 pineapple, 3 lemons, 4 oranges, 3 cups sugar, 1 pint water. Cut strawberries, chop pineapple, slice bananas; take pulp of oranges and juice of lemons, dissolve sugar in water and pour over mixture. Freeze.

Cafe Perfaet.

Take a pint of thick cream, a small teacup of sugar, $\frac{1}{2}$ cup of strong coffee, and beat to a stiff froth; put in a mold and pack as for ice cream, not stirring it; it will freeze in three hours; delicious.

Diets to Increase Weight.

Usually a thin person has trouble with digestion or assimilation. A glass or two of water on arising and a cup of hot water sipped slowly before meals will do much to correct the poor digestion. Coffee and tea should either be dropped entirely or used sparingly with only sugar or if cream is used leave out the sugar—you cannot expect results if you are a heavy tea or coffee drinker and use both sugar and cream together. Drink also milk and buttermilk very frequently.

Use cereals, cream, butter and starchy foods, fat meats, etc., with plenty of liquid, water or milk, during the meal.

List—

Soups.

Cereals with plenty
of milk and sugar.

Beans.	Mutton.	Sweet potatoes.
Peas.	Fowl.	Potatoes.
Beets.	Bacon.	Carrots.
Cabbage.	Pork.	Squash.
Sweet corn.	Fish.	Eggs.
Rice.	Corn bread.	Oysters.
Beef.	Rye bread.	Cheese.

Diet to Decrease Weight.

An anti-fat diet requires the cutting down or eliminating of fats, sugars and starches from the food. It requires a careful reduction of the quantity of food taken. Food should be eaten very slowly. Always use a small portion and always leave the table feeling hungry. Ripe fruits, berries without sugar can be eaten, but do not use bananas.

Do not use liquids with meals, but a glass of water may be taken an hour afterwards. In extreme cases a saline laxative may be taken one hour after meals.

List—

Whole wheat bread.	Celery.
Graham bread.	Lettuce.
Bran bread.	Spinach.
One egg at a meal.	Asparagus.
Beef.	Onion.
Mutton.	Tomatoes.
Fowl.	Sweet peppers.
Fish.	Cucumbers.
Oysters.	

Care of the Sick

So long as the ideal sick-room has not become common in the majority of homes, the problem is what to do under the existing conditions. Select the most pleasant room and remove all draperies and knick-knacks, everything that will retain the dust and germs and will weary the invalid, or add to the care of the attendant. Either keep the medicines in another room or else have them on a stand that is out of sight of the patient. Keep a record of each dose—it will be a help,

not a trouble, as may be supposed. Many fatal results have occurred from the usual haphazard way of giving the medicines. So many mistakes are made that a careful physician insists upon such a record being kept.

In spite of the most careful directions mistakes sometimes occur, owing many times to the anxiety of the attendant. If a trained nurse is required to give a record of each dose administered and each passing symptom, how much more should the novice in such matters be impressed with the importance of accurate work.

If possible the bed should have a hair mattress. In warm weather it is much cooler if covered with a canvas sheet, then a thin quilt before the linen sheet is put on. A small cot bed may be used while the bed receives its daily airing, but if the patient cannot be moved let one side of the bed be made well, the clean sheets folded down the center, then as the patient is lifted to the fresh side the soiled cloths may be removed, the new sheets drawn smoothly over the other side, and the effect is very restful.

Where no regular system of fresh air exists the windows may be raised several inches, resting on a board made to fit the window, thus forming an indirect draft over the top of the sash. An adjoining room may be well aired and the doors between the two opened. In warm weather a screen may keep the draft from the bed if the windows are in such a position that the air coming from them will strike the sick bed direct.

When a sick person begins to count the pictures on the wall paper, following the designs with his finger or eye, it will waste the flagging energy as almost nothing else will do. It is time to cover the wall with a plain cloth or sheet, hanging a favorite picture for a central object of vision, to be replaced occasionally with a fresh one.

All visitors should be excluded, and the patient guarded as far as possible from loud noises.

The attendant in the sick room should be neat and quiet. Rustling garments, squeaking shoes, rattling of the furniture and dishes are an abomination to the sick. One of the first things a nurse learns is how to be quiet. Soft footsteps, calm and quiet manner and low, distinct voices are restful. The sudden clash of teaspoons will start the perspiration and wring the nerves of an invalid. At the same time he may hesitate to speak of the annoyance, knowing that to a well person it would seem of so little consequence. A good nurse will prevent these things, and, without being obtrusive, will forestall the wants of the patient.

Having learned from the doctor the required diet, prepare the meals very carefully. Much depends upon the dainty appearance of the food and all the accessories. The prettiest tray cloth and the finest china should be used to stimulate the jaded appetite. The

meal should not be brought into the room till the patient is ready to eat. During convalescence care must be taken as to the diet, because many relapses are due the introduction of some new dish.

For night watching a competent nurse is best and is a paying investment, for when the patient is left to the care of some incapable person great harm may be done that may mean many added weeks of suffering and pain to the patient. Nervous excitement is often the last weight that snaps the thread of life. For this reason the sick should be kept hopeful and serene. All foreboding and discouraging conversation should be forbidden. At many of the best sanitariums the discussion of their ailments by the patients are forbidden, as the very talking of them has a harmful effect upon the talker.

Foods for the Sick.

Foods for the sick are so important that we submit methods for their preparation. The chief ingredient for the invalid's food is milk. The following are methods of preparation that will be found useful in many instances:

Sterilized Milk.

Method—The milk is heated to 212 degrees Fahrenheit, the boiling point, and this degree of heat maintained for one and one-half hours. The milk is placed in bottles, stopped with a cotton plug, the bottles placed in a closed container (Arnold's sterilizer) and exposed to steam.

Changes—All pathogenic germs are destroyed, but other changes take place in the constituent of the milk which impairs its nutritive value and its digestibility. Properly corked, it will keep for some time.

Use—Its use is objectionable. It should be limited to the necessities of travel, or in hot weather in places where ice is not obtainable.

Pasteurized Milk.

Method—The milk in bottles is heated to 167 degrees Fahrenheit, and this degree maintained for twenty minutes.

Changes—It destroys most pathogenic germs (typhoid, tuberculosis, diphtheria, cholera and the pus-forming germs; spores are not destroyed). The digestibility of the milk does not seem to be impaired.

Use—In hot weather all milk to be feed to infants should be pasteurized. It should be diluted the same as raw milk. Do not continue its use indefinitely. In adults chronic cases when there is feeble digestion.

Peptonized Milk.

Method—Take 1 pint of fresh milk, 4 ounces water, add bicarbonate soda (baking soda), 15 grains, extractum pancreatis 5 grains. Place the bottle in a vessel of hot water, 105 to 115 degrees Fahrenheit, from 6 to 20 minutes. Shake often. To arrest the process of artificial digestion, place the bottle on ice

or heat to boiling point. If the milk is to be fed at once this is not necessary, in order to completely peptonize the milk continue the process for 2 hours.

Use—In infants when there is acute indigestion, it should be diluted as in the case of ordinary milk.

Kumyss.

Method—One quart of fresh milk, water 2 ounces, $\frac{1}{2}$ ounce sugar, yeast cake, compressed, a piece $\frac{1}{2}$ inch square. Put in a stout bottle and wire down the cork. Keep at a temperature of 60 or 70 degrees Fahrenheit for one week; shake the bottle 5 or 6 times a day. Place on ice.

Use—In acute and chronic indigestion, in tuberculosis or other wasting disease, in irritable stomach.

Matzoon.

Method—This is similar to the Kumyss, but is preferable in some respects. It contains more nourishment than is found in Kumyss, and may be obtained from the druggist.

Use—In chronic indigestion in adults.

Kazol.

May be bought prepared or tablets may be bought and prepared according to directions. There are a large number of preparations of this ferment on the market under different names. Be sure and get a good preparation.

Junket.

Method—Take 1 quart lukewarm fresh milk, add 2 teaspoons of liquid rennet; tablets are also on sale for the manufacture of Junket; stir well, season with sugar and nutmeg; let stand till coagulation takes place. Serve cold.

Beverages.

Indications—Fever patients, especially when there is delirium or stupor, in which condition they are unable to make their wants known, often suffer from the want of water. In all such cases water should be offered at frequent intervals. But pure water, if taken too freely, is apt to disorder a stomach and the bowels. It is found that the addition of certain substance to the water greatly increases its power to quench thirst. Acid in particular seems to possess this power. A weak infusion of cascarilla or orange peel, acidulated slightly with dilute hydrochloric acid, is a favorite thirst-allaying drink for fever patients.

Receipes for Sick.

Raspberry Vinegar.

Put $1\frac{1}{2}$ pints of the best wine vinegar to 3 pounds of raspberries, in a porcelain or glass vessel; let stand for 2 weeks, then strain **without pressure**. Put into bottles and cork well.

Apple Water.

One large juicy apple, 3 cups cold water. Pare and quarter the apple. Put in on the fire with the water

in a closely covered sauce pan and boil till the apple stews to pieces. Strain the liquor as soon as it is taken from the fire, pressing the apple hard with the cloth. Set away to cool. Sweeten to taste with sugar; serve ice cold. Very good where there is constipation.

Lemon Whey.

Put a quart of new milk into a sauce pan and stir over the fire till it is **nearly** boiling; then add the juice of 1 lemon and let it simmer for 15 minutes, skimming off the curd as it rises. Add the juice of another lemon, skim for a few minutes, strain, and it is ready for use.

Wine Whey.

One pint fresh milk, 1 wine glass sour wine, 1 teaspoonful sugar. Put the milk into a shallow sauce pan, bring it to boiling point and pour in $\frac{1}{2}$ the wine; stir gently, let it simmer and skim off the curd that rises. In a few minutes pour in the rest of the wine, skim the remaining curd, sweeten and serve when cold.

Use—In fevers and gastro-enteric affections of children and adults.

Mint Water.

Boiling water, $\frac{1}{2}$ pint; green spearmint leaves (a handful). Bruise the leaves, put into a dish, cover with boiling water, steep 15 minutes. Drink hot or cold.

Use—Good in nausea.

Tamarind Water.

One tablespoon tamarinds, 1 glass ice water, 1 teaspoon sugar. Stir the tamarinds in the water till dissolved; strain, sweeten.

Use—Good in constipation.

Flaxseed Lemonade.

Four tablespoons whole flaxseed, 1 quart boiling water, juice of 2 lemons and sugar to sweeten. Put the flaxseed in a pitcher, pour on the boiling water, cover it, let stand for 3 hours. When cold add the lemon juice and sweeten to taste. If too thick thin with water. Serve ice cold.

Use—Good for throat trouble. Very soothing.

Barley Water.

Two ounces of pearl barley, wash it well with cold water, drain and reject the washing water. To the barley add $1\frac{1}{2}$ pints of water; boil for 6 hours in a covered vessel, add water as it evaporates. Strain in a pitcher and keep in the refrigerator, or a cool place. Take out as needed and warm for use.

Thick Barley Water.

Wash as above, put it in a sauce pan and pour over it 2 quarts of cold water. Boil for two hours. Pour in a pitcher with the thin peel of $\frac{1}{2}$ a lemon. Set on ice till cold. When cold remove the lemon peel and sweeten to taste.

Barley Water.

Wash 2 tablespoons barley and soak it $\frac{1}{2}$ hour in a little lukewarm water, and stir without draining into 2 cups of boiling water salted slightly. Simmer 1 hour, stirring often. Sweeten to taste and strain before using.

Use—As a substitute for milk when the latter disagrees.

Egg Lemonade.

Beat 1 egg to a froth, make a glass of lemonade, using the juice of the entire lemon, sweeten to taste, stir in the egg and add pounded ice. This is a delicious and a somewhat nutritious drink.

(Orange, grape or other fruit juices may be substituted in place of the lemon if so wished. This will give a variety.)

Hot Lemonade.

Two tablespoons lemon juice, 1 glass boiling water, 1 tablespoon sugar. Put into a hot bowl, and stir for a few minutes. Drink hot.

Use—Good to induce perspiration.

Oatmeal Water.

Two tablespoons oatmeal, 1 pint cold water. Stir the oatmeal into the water and allow to stand 1 hour; strain and drink cold.

Use—In constipation.

Sago Milk.

One tablespoon sago, 1 teacup cold water, 1 quart fresh milk. Wash the sago and soak it over night; put it into a farina kettle, boil till clear, sweeten. Drink hot or cold.

Elm Tea.

Take nice slippery-elm; bark, break into bits, pour boiling water over it and let it stand until cold. Ice and sweeten if desired.

Gum-Arabic Water.

Two teaspoons of gum-arabic, 1 pint of hot water, 1 teaspoon sugar, the juice of 1 lemon. Put all in a pitcher and keep it on a hot stove until the gum is dissolved. Use when cold.

Use—Very good in throat trouble and coughs.

Cafe-au-Lait.

Equal parts of strong fresh coffee and boiling milk. Strain the hot coffee through some muslin into the pot from which it is to be served. Add the hot milk immediately, set the pot on the stove for 5 minutes and it is ready to serve.

Coffee and Egg.

Make a cup of strong coffee, adding boiling milk as usual, only sweetening more. Take an egg, beat the yolk and white together well. Boil the coffee, milk and sugar together and pour it over the beaten egg in the cup in which you are going to serve it. This remedy is often used in hospital practice.

Use—A sick person needing nourishment and having lost the appetite, can often be sustained by this when nothing else can be taken.

Egg Water.

One glassful cold water, whites of 2 eggs, sugar to sweeten. Stir the eggs gently into the water, but do not beat them, add sugar or a little salt.

Use—This can be taken by a delicate stomach when everything else is rejected.

Toast Water.

Cut thin slices of bread and toast them till nicely brown. Be sure that there is no suspicion of burning. Put several slices in a bowl and pour over them enough boiling water to cover. Cover the bowl closely and let it steep till cold. When cold, strain, sweeten to taste and put a piece of ice into each glassful served. Flavor with lemon juice.

DIET FOR CONVALESCENTS.

Mutton Chops.

They should be broiled over a clear fire for 6 or 7 minutes; turn frequently, and do not prick with a fork or knife. Serve hot. Season with salt and pepper after they come from the fire.

Game.

Pigeon, quail and snipe are especially acceptable to the convalescent, and will tempt the returning appetite. Broiling is the best mode of cooking.

Chicken.

Tender spring chicken will take the place of game if it cannot be had.

Omelette.

Two eggs, 1 cup buttermilk, one-third teaspoon soda, 3 tablespoons flour. Beat up the eggs, stir them into the buttermilk with the flour, add the soda, some salt and stir all to a creamy consistency. Put 3 tablespoons of this batter on a hot buttered griddle. When one side is brown fold it on itself, turning $\frac{1}{2}$ on the other. Serve hot and eat with butter.

Potato Surprise.

Scoop out the inside of a sound potato, leaving the skin attached on one side of the hole, as a lid. Mince up finely the lean of a juicy mutton chop seasoned with a little salt and pepper, put it in the potatoe, pin down the lid, bake or roast. Before serving in the skin add a little hot gravy if the minced mutton seems too dry.

Tomato Soup.

Peel 6 good sized tomatoes and cut them into small pieces; put them into a sauce pan with 1 quart water and boil until tender. Season with salt and pepper. Now stir into the water $\frac{1}{2}$ teaspoon baking soda. Lift the kettle from the stove while stirring in the soda or the soup will run over as it foams. Boil again and add 1 pint sweet milk. Bring to boiling point again.

Put broken crackers into a dish, pour the soup over them and serve immediately.

This is an excellent dish for convalescents, being often taken with relish when nothing else tempts the appetite. It may be used in all cases except where there is a tendency to looseness of the bowels.

Spanish Cream.

One quart milk, yolks of 3 eggs, $\frac{1}{2}$ box gelatin, 2 tablespoons sugar. Soak the gelatin for an hour in the milk, put it on the fire and stir well while it warms. Beat the yolks of the egg very light with the sugar, add to the scalding milk, and heat to the boiling point, stirring all the while. Flavor with vanilla or lemon. When almost cold put it in a mold wet with cold water.

Cottage Cheese.

Heat sour milk till the whey rises to the top. Pour off the whey, put the curd in a bag and let it drip for 6 hours without squeezing it. Put in a wooden bowl, chop fine with a wooden spoon, salt to taste and work to the consistency of soft butter, adding a little cream and butter as you proceed. Mold into balls and keep in a cold place. It must be eaten while fresh.

Beef Juice.

Have a piece of lean beef chopped fine, make into form and place on a hot broiler. As soon as the juice begins to flow turn and broil the other side. When juice flows freely remove the beef from the fire and put in a beef press, potato ricer or a strong cloth. Press out the juice, put it in a cup and set in boiling water. When heated add salt and serve. The albumin should not be coagulated.

Scraped Beef.

With a sharp knife scrap a piece of raw, lean beef. Mix the scrappings with salt and pepper. Spread on bread or make a sandwich.

Cold Douche.

Lower the patient's head, place a rubber cloth beneath and pour cold water from a pitcher over the crown of the head, the pitcher being gradually raised higher and higher, so that the water may fall with more force.

Use—In sunstroke and intense congestion of the brain.

Wet Pack.

Spread a comfort and several blankets on the bed and over these a sheet wrung out of cold water. Remove all the patient's clothing, lay him in the middle of the sheet, draw the edges over and wrap the patient in it snugly, then draw over one side after another of the blankets and make all snug. Put wet compress on the forehead.

Use—To reduce temperature in typhoid, and to develop delayed eruptions (rash) in scarlet and other specific fevers.

Blanket Baths.

A blanket is wrung out of hot water and wrapped around the patient. He is then packed in three or four dry blankets and allowed to rest quietly for thirty minutes. The surface of the body should then be well rubbed with warm towels, and the patient made comfortable in bed.

Use—This is a ready means of inducing perspiration.

BATHS.

Temperature of Baths.

Bath—	Water.	Vapour.	Air.
Cold	33° to 65° F.
Cool	65° to 75° F.
Temperate	75° to 85° F.
Tepid ..	85° to 92° F.	90° to 100°	96° to 106°
Warm ..	92° to 98° F.	100° to 115°	106° to 120°
Hot	98° to 112° F.	115° to 140°	120° to 180°

Bran Bath.

Boil 4 pounds of bran in 1 gallon water, strain and add liquor to enough water for a bath.

Use—To allay irritability of the skin, and to soften it in dry and cracked conditions.

Salt Bath.

Add rock salt in proportion of 1 pound to 4 gallons water.

Use—An invigorating bath, and to lessen susceptibility to the cold.

Alcohol Baths.

An ounce of alcohol to every quart water. To be used for same purpose as the salt bath.

Sulphur Bath.

Twenty grains of Sulphuret of Potassium to 1 gallon of water.

Use—For skin diseases and rheumatism.

Mustard Bath.

Add a handful of mustard to the ordinary hot bath and a smaller amount to the foot bath.

Use—When stimulating action is required.

Disinfectants.

Formaldehyde—Use a 40 per cent. solution. With a cloth wet in this solution wipe all the articles in the room, floor, walls, furniture, etc. This is to be used after contagious diseases for purposes of disinfection.

Copperas—Take copperas (iron sulphate), 2 pounds to 1 bucket of water. Use freely for drenching privy vaults, water closets, catch basins, cesspools, etc.

Zinc-chloride—One pound zinc-chloride to 2 gallons water. Use in chamber vessel or bed pan into which typhoid or dysenteric discharges are received; also for general purposes of disinfection.

Zinc-sulphide—One pound zinc-sulphide, 2 ounces of carbolic acid and 4 gallons of water. Keep a tub of this solution and in it place all soiled clothing and bed clothes from patients with infectious diseases.

Mercuric-bichloride—One part mercuric-bichloride, 1,000 parts water. To be used for disinfecting water closets, etc. This is a most efficient disinfectant, but dangerous because of its highly poisonous character. Add some coloring matter, so that it will not be mistaken for water by some one who is not familiar with the receptacle used to hold the solution. It is far better not to have any unused around.

Fire.

Fire is the best disinfectant that there is. When possible burn everything that has been in contact with the sick suffering from contagious diseases.

Care of Infants.

Bathing—For the first six months the baby's bath should be given at a temperature of 98° F., and in a warm room. Make the bath short and dry the child quickly. After six months the temperature of the bath for a healthy infant should be 95° F., and this should gradually be lowered to 90° F. at the end of the year. Older children should be sponged or douched with water at 65° or 70° F. after a warm bath. A hot bath should be given at night. A cold sponge in the morning is a good preparation for the day's activity, unless there be a lack of reaction, in which case it should not be repeated.

Clothing—It should be light in weight, warm and not irritating. It should be loose and all hung from the shoulders. Bands should not be tight and should be sewed on, not pinned. Cotton flannel is preferable for diapers.

The feet should be kept warm if you wish a healthy baby. In summer do not dress too warm, but follow the changes of the weather, adding as the cool of the evening comes on. Night clothing should be loose. That of older children should be in the form of a union suit, and if the child is restless feet should be provided. Do not cover too heavily, because it will make the child very restless and will hinder a refreshing rest.

Eyes—A new baby should have its eyes bathed daily for a week with a saturate solution of boracic acid. Avoid exposing the eyes to strong light. If you have a nurse for the baby see to it that she understands the harmful effects of any strong light in the baby's eyes.

Care of the mouth and teeth—Wash the baby's mouth with a soft cloth and boiled water. If any white spots appear the mouth must be washed after every feeding with borax, 20 grains to the ounce of water. Be careful never to cause a break in the tender mucus membrane by using too much force in washing. The teeth when they come should receive daily attention.

Skin—Cleanse the skin carefully and keep dry. Use a bland dusting powder about the groins, under the arms and the folds of the skin in the neck and limbs.

Training of control of the Bowels and Bladder—A great deal can be accomplished in a three-months-old baby in training it to use a small chamber at regular intervals. This saves a great deal of labor and by producing regularity, helps the child. The regularity of the bladder is not so important, but if the habits of feeding are proper a great deal can be accomplished to save time and work for the mother.

Avoid all exciting plays with the baby. This especially should be avoided during the baby's first year.

Training in regular sleep should start at birth. The infant should be taught to go to sleep in a crib with no "husher" or other harmful device, a well filled stomach, a darkened room, and a dry bib under the chin should be a good enough "husher" for any healthy child.

Exercise—This is just as important for babies as for children. Good, lusty cries, kicking of the legs and hearty flourishing of the arms are the means of a growing baby's exercise. Do not allow the infant to lie in the crib without changing its position from time to time. Pick it up occasionally. As soon as the baby is old enough spread a quilt on the floor; be sure that the room is warm enough, and allow it to kick and squirm around. In older children encourage all forms of outdoor games and sports.

Air—The baby should be taken out at the end of the first week and be kept out as much as possible. In cold weather the baby should not be taken out of doors before it is a month old. Change the air often by opening the windows of an adjoining room and the opening of the door to the baby's room. This may be followed by wrapping the baby up and opening the windows of the room. This will accustom the baby to cold air, so that it can be taken out of doors. If the baby is four months old it should be out of doors every day that the thermometer does not go below 20° F. Accustom the baby to take the day nap out of doors. Of course, if this is done care must be taken to shield the baby from wind and direct sunlight. Avoid high winds and outings on damp days.

Baby's room should be the sunniest room in the house. It should be provided with easy ventilation and should be free from drafts.

The temperature of the room should be 70° F., but rather lower than higher. **Keep the windows open at night** unless the temperature outside is below 40° F. After the first year keep the windows open unless the temperature is below 20° F. Keep the baby's bedroom simple. All children and especially babies should sleep alone, if possible. Separate the beds and thus prevent the possibility of the spread of any disease. The mattresses should be firm and the pillows small. Turn the child over several times during the night.

Infant Feeding.

Maternal nursing should be used if possible. Let your physician decide whether or not the baby should

be raised artificially. Do not let the matter of your own convenience interfere, or be considered for a moment. The baby should be weighed weekly and there should be a marked increase in weight every week. Any dropping off of weight should be cause enough to call your physician. Teach the baby to be regular in feeding and see that the regularity is observed if you wish to give the child the best possible start in life. One of the essentials is plenty of water, which may be given with a bottle.

In giving formulae for the home modification of milk for the baby, it must be understood that the formulae are for the average baby of that age, a large baby, well developed, of four months, will not be satisfied with the four months formula or quantity. He wants and needs more than the average. On the other hand, a sickly baby does not require and cannot use the formula of the normal baby. Therefore the formulae must be changed. For those changes consult your physician, because it would be absolutely impossible to diagnose and prescribe for each individual case in this book. We can only give the opinions of the best authorities for the care of the normal child.

Artificial Feeding—The food must be made to contain the same parts as the mother's milk, and those parts in the same proportion. Cow's milk must necessarily be the basis, because it comes nearer to the correct and desired proportions. It is, however, necessary to dilute this. More fats and sugar must also be added. The fat is best added by using "top milk." This is made as follows: Let the bottle of milk stand in a cool place for three hours. The top half of the bottle is the "top milk." Either dip off the top milk or better syphon off the bottom and leave the top milk in the bottle. It will be 6 per cent. fat.

Sugar—To make a proper dilution of sugar add 1 ounce of milk sugar to 20 ounces of water, or, for a smaller quantity, a level teaspoon to $7\frac{1}{2}$ ounces of water. This makes a 5 per cent. solution.

The milk for 24 hours should be prepared at the same time, and put into bottles, holding just enough for each feeding. These should be kept in a **perfectly** clean ice box. Each bottle must be stopped with a plug of cotton. When you heat the milk for feeding always add a teaspoon of lime water.

Formulae—Baby one month and under, total amount to be made should be 20 to 30 ounces. The proportions should be two-thirds of the above preparation of 5 per cent. sugar solution to one-third of the top milk. This should be put into ten bottles.

Baby six weeks to three months—Total quantity, 28 to 38 ounces. The proportions should be three-fifths of the 5 per cent. sugar solution to two-fifths of the top milk. Add a teaspoonful of lime water before feeding to each bottle.

Three months to six months—Gradually increase

the top milk proportion till the proportion is $\frac{1}{2}$ top milk to $\frac{1}{2}$ of the 5 per cent. sugar solution.

Six months and over—Barley water should be used with $\frac{1}{2}$ of the proportion of sugar solution. Oatmeal water may be used in place of the barley water if the infant is constipated.

If there is no gain in weight and no indigestion, lessen the amount of the diluent. If there is vomiting immediately after feeding reduce the quantity of food given.

Sugar—Too much sugar causes: Eruptions of gas; thin green acid stools. Too little sugar may be noted by a slow gain in weight.

Fat—Too much fat causes: Vomiting of a sour mass 1 to 2 hours after feeding; fat in the stools. Too little fat causes obstinate constipation.

Proteids—An excess of proteids causes habitual colic.

Barley water—Before the age of six months the diluent may be boiled water, after that age barley water may be used if the case is not constipated. In that case use oatmeal water.

Condensed Milk—When it is necessary to use condensed milk, as when traveling, get the best and the highest priced. For very young infants use 1 part condensed milk to 12 parts water. Six-months-old babies require 1 part milk to 8 parts water. In each case add cream.

Sterilized milk is not proper food for infants. They lose weight on it.

Peptonized milk may be used as a temporary expedient, but its continued use does harm.

Pasteurized milk is not necessarily harmful.

Bottle—Keep on hand a dozen. Let them be wide mouthed, cylindrical. In cleansing, rinse with cold water and then wash with hot water and soap and a brush. Before filling with milk boil in water for 20 minutes.

Nipples—Use the simple, plain black rubber nipple. Cleanse thoroughly and keep in a solution of boric acid. Never use a nipple with a rubber tube.

In General—Bear in mind that what agrees with one child will not agree with all. No rule is arbitrary. Do not be afraid to go outside of the beaten track. The one criterion and object is to gain weight on the part of the infant.

Rules—The intervals for feeding and the amount at different ages are here given. Adherence to this will prevent overfeeding.

Age—	Intervals of feeding.	Number of feedings in 24 hours.	Average amount at each feeding.	Average in 24 hours.
1st week	2 hours	10	1 oz	10 oz
1 to 6 weeks . . .	2½ hours	8	1½ to 2 oz	12 to 16 oz
6 weeks to				
6 months.	3 hours	6	3 to 4 oz	18 to 24 oz
6 months	3 hours	6	6 oz	36 oz
10 months . . .	3 hours	5	8 oz	40 oz

Fractures (Breaks).

Move the bone as little as possible till it has been properly set, because constant and painful irritation will cause the injured member to swell so that it will be practically impossible to set the broken bone correctly and not without causing a great deal of unnecessary pain. If it is necessary to move the patient, lift each side of the fracture carefully and bandage if necessary. Clothing and shoes, if the leg is broken, should be removed with as little disturbance possible.

Burns.

Apply vaselin, butter or any convenient salves or oils at once, anything that will keep the air from the injured part, not clothing. Equal parts of lime water and olive or linseed oil, a paste of baking soda and water, whatever it is should be bound on and the part thoroughly covered.

Drowning.

Open clothing over the neck and chest. Turn on face and elevate the body so that the water will run from the lungs. Apply artificial respiration (breathing) by laying the body on the back with the head lower than the feet and copress the body over the edge of the ribs every three seconds. Rub the rest of the body and apply heat while the artificial respiration is being carried on. Get a pulmotor if possible.

Gas Poisoning.

Remove to the air and use artificial respiration as above. If possible as soon as respiration is started, even if very feeble, get oxygen gas and use it along with the artificial respiration. A pulmotor will save many cases otherwise hopeless.

A telephone call to the nearest police station, and a statement of the case will bring the pulmotor to the patient immediately.

Sun Stroke or Heat Stroke.

Apply cold baths, cold sponge or cold douche, see the section of baths. Do not use stimulants, because the alcohol contained by them has a tendency to heat the body that is suffering from that very thing. Give the patient all the air possible.

Poisoning.

In all cases of poisoning send immediately for a physician, then give an emetic and antidote.

Emetics.

Mustard, a tablespoonful in a glass of warm water.
Salt, 2 tablespoonfuls in a glass of tepid water.

Antidotes.

In case of poisoning with arsenic, paris green, sugar of lead, the different salts of zinc, copper, mercury, digitalis, strychnine and morphine, the following general antidote should be given freely. Do not use the general antidote for carbolic acid poisoning.

General Antidote—Keep one bottle containing 2½ ounces saturate solution sulphate of iron, 1 containing 2 ounces of calcined magnesia, 1 ounce animal charcoal and 2 ounces of water. When required for use pour together and shake. Give frequently a wine glass full at a time.

Unknown Poisons—Give mustard water or salt solution and provoke repeated vomiting. Give the general antidote as above.

Arsenic Poisoning (paris green, Scheeles green, arsenate of lead)—Give the general antidote as above, then emetic of mustard water; after repeated vomiting 2 tablespoons castor oil.

Opium, Laudanum and Chloral Poisoning—Provoke repeated vomiting by giving mustard water or salt solution. Give strong coffee. Arouse by whipping, etc., but do not walk the patient. In case of the above poisons and morphine, heroine or codeine, with the exception of chloral, the surest antidote if given soon after the poisoning is permanganate of potash. Crush a crystal the size of a pea in a glass, fill with water and give to the patient.

Strychnine Poisoning—Provoke vomiting twice. Give the general antidote, then 2 tablespoons castor oil. Keep the patient absolutely quiet.

Carbolic Acid Poisoning—Give 2 teaspoons of pure grain alcohol; do not give wood alcohol. If alcohol is not at hand use a glass of whiskey or a tablespoon of vinegar, then raw eggs.

Acid Poison—Sulphuric, nitric, muratic, oxalic. Give an alkali, baking soda or plaster from the wall, the raw eggs.

Alkali Poisons—Ammonia, caustic soda, potash, lye. Give an acid such as vinegar or lemon juice. Provoke vomiting with mustard water and then raw eggs.

Alcohol Poisoning—Mustard water to provoke repeated vomiting.

Decayed meat, vegetables, bad ice cream, etc., “ptomaine poisons.” Provoke vomiting with mustard water or salt solution. Give crystal of permanganate potash size of a pea, crush in a glass and add water. Give.

Menus for Two People at \$5 Per Week

SUNDAY.

Breakfast.

Half a grape fruit apiece.
Scrambled eggs on toast.
Rolls. Coffee.

Dinner.

Cream of tomato soup.
Roast leg of lamb.
Riced potatoes.
Mashed turnips.
Lettuce and cream cheese salad.
Steamed fruit dumpling.
Coffee.

Tea.

Lettuce sandwiches.
Waffers, jam and tea.

MONDAY.

Breakfast.

Apples.
Fried sausage.
Browned potatoes.
Toast. Coffee.

Luncheon.

Baked macaroni and cheese.
Corn cake.
Tea.

Dinner.

Consomme.
Creamed salt codfish.
Baked potatoes.
Escalloped beets.
Apple pie, cheese, coffee.

TUESDAY.

Breakfast.

Stewed prunes.
Fried mush.
Bacon.
Rolls. Coffee.

Luncheon.

Creamed chipped beef.
Baked potatoes.
Stewed fruit.
Tea.

Dinner.

Potato soup.
Cold roast lamb.
Cream potatoes.
Stuffed tomatoes.
Suet pudding with hard sauce.
Coffee.

WEDNESDAY.

Breakfast.

Half an orange apiece.
Shredded wheat.
Wheat cakes.
Coffee.

Luncheon.

Curry of rice.
Baked apples.
Muffins.
Milk.

Dinner.

Pea soup.
Rolled steak.
Stuffed potatoes.
Boiled onions.
Cucumber pickles.
Baked pears.
Waffers. Coffee.

THURSDAY.

Breakfast.

Grapes.
Cream wheat.
Ham.
Baked potatoes.
Coffee.

Luncheon.

Cream tomato soup.
Toasted muffins.
Cocoa.

Dinner.

Corned beef.
Plain boiled potatoes.
Cabbage.
Horse radish.
Baked apples and whipped cream.

FRIDAY.

Breakfast.

Bananas.
Oatmeal.
Poached eggs on toast.
Coffee.

Luncheon.

Fried oysters.
Cabbage salad.
Pop-overs.
Coffee.

Dinner.

Vegetable soup.
Baked fish.
Mashed potatoes.
Lettuce salad.
Apple tapioca.
Coffee.

SATURDAY.

Breakfast.

Sliced pineapple.
Pork chops.
Brown potatoes.
Muffins. Coffee.

Luncheon.

Cream toast.
Sliced fruit.
Cookies. Cocoa.

Dinner.

Baked beans.
Chili sauce.
Steamed brown bread.
Pumpkin pie.
Coffee.

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